

The Magazine for Food Enthusiasts

Issue 9

TASTE®

Recipes, Culinary Secrets, and Non-credit Courses from The Culinary Institute of America®



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On the Cover: Duck Confit with Prunes and Apples, from *Bistros and Brasseries*. See page 58 for recipe.

To Enroll or Order

Call 1-888-995-1699 or visit www.ciachef.edu/enthusiasts

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The Culinary Institute of America at Greystone and The Culinary Institute of America, San Antonio are branches of the CIA, Hyde Park, NY.



It's a Matter of TASTE

In our hectic and sometimes uncertain world, I think we're all yearning to slow down a little and spend more time enjoying the company of our family and dearest friends. Maybe it's because of where I work, but I think cooking just has this magical way of bringing people together.

There's something reassuring about the rituals of food preparation; of chopping and seasoning and roasting. A warm, home-cooked meal is almost scientifically proven to rekindle a longtime love or bring you and the object of your desire closer. And as any parent or child who has rolled out holiday cookie dough together knows, some of our most treasured and lasting memories are made in the kitchen.

Every day at the CIA, we see how cooking and baking nourishes relationships. In this issue, we're sharing some of our favorite stories with you, including that of a couple who fell in love all over again at Boot Camp and of a family that celebrated a milestone birthday at Sophisticated Palate.

We're also kicking off the new year by offering a recipe for you to try in each of the next six months, beginning with a comforting pumpkin soup for January. And, as always, you'll find courses for every culinary passion, each one giving you the tips, techniques, and inspiration to prepare professional-quality cuisine at home with ease.

So here's to cooking together in 2010. Happy New Year!

Laura Pickover '95, Director of Food Enthusiast Programs

P.S. Bond with someone you love at one of our new "Best of Boot Camp" programs, offered exclusively through ShopNBC. Turn to page 24 for all the details.

Falling in *Love* All Over Again

By Peggy Wilkinson

My husband Greg's and my journey to CIA Boot Camp began with a fly-fishing trip. Or, more to the point, a fishing trip for Greg. He's an avid fly fisherman who has traveled around the world, but these trips don't include me. Now, don't get me wrong; I am happy for him to have such wholesome pursuits. And I certainly have my own friends and interests. But it was becoming apparent to me that my husband and I were living parallel lives. And that didn't feel right. So I thought: What can we do to create an adventurous intersection in our lives?

The answer arrived one day as I thumbed through a copy of *Gourmet* magazine and came across an article about CIA Boot Camp. Greg and I love to eat, and our house is often full of friends, food, and laughter. While we had been cooking for years and had taken some classes, we felt it was something we could learn to do better together. And since Greg and I are intense, "all or nothing" people, we loved the idea of pushing up our sleeves and jumping into the Boot Camp experience. So we headed to the CIA to refresh our passions for cooking and our marriage.

Our Boot Camp instructor was Chef DeShetler, who we called Chef D. He is a genius. Not only is he a treasure trove of culinary information, but his personality and wit were more than we could have ever asked for. Our classmates also enhanced the Boot Camp experience. They were fellow professionals: investment bankers, a state Supreme Court judge, a dentist, a nurse, a couple of lawyers, and a food scientist. It was a challenge to break into teams and work together to create meals. The alphas in each group quickly took charge, much to the relief of the rest of us. We were stunned into silence by the whirl and swirl of clanging pans, the steaming pots, and the learning curve of finding everything in this unfamiliar kitchen.



We had fun making the Boot Camp dishes, especially the Asian ribs and wilted coleslaw. The combination of sweet, sour, and tangy flavors and the mélange of textures were total tongue pleasers. We also loved making fried chicken. After years of shunning fried foods, Greg and I fell back in love with one of the cornerstones of our Southern heritage. There was also a veal stroganoff over pasta that was the perfect complement to a chilly day. We are waiting for a cold day in Dallas to re-try that one.

Even if you have had years of experience in the kitchen, even if you know your roulades from your ganaches, Boot Camp will teach you more than you ever thought possible. It is the best learning atmosphere: you have the best chefs, the best utensils, the best ingredients, and the most authentic kitchens. But be forewarned: you will be very tired. Your brain and body work at an unusually high level from the minute you step onto the glorious campus. Even the evening meals at the on-campus restaurants provide a chance to learn more about the menus, the recipes, the preparations, and the wine pairings.

Most important for Greg and me, Boot Camp gave us the marriage "reconnection" we needed. For once, we were able to focus on the food and each other; we weren't entertaining clients, family, or friends. We were learning something together. We laughed like we have not done in years—even about how loud we were snoring after a long, exhausting, exhilarating day. We had more fun on this trip than on any other.

Boot Camp has given us so much to work with. We enjoy going to the grocery store, selecting our ingredients, and coming home to cook. It's as fun as anything we have done since we were married. The benefits of our Boot Camp experience are relived every time we step into the kitchen, look through a culinary magazine, or go to a restaurant. CIA Boot Camp reignited the pilot light of our marriage.

ABOUT THE CIA

THE WORLD'S PREMIER CULINARY COLLEGE

The Culinary Institute of America (CIA) is the recognized leader in culinary education for undergraduate students, foodservice and hospitality professionals, and food enthusiasts. The college awards bachelor's and associate degrees, as well as certificates and continuing education units, and is accredited by the prestigious Middle States Commission on Higher Education.

Founded in 1946 in downtown New Haven, CT to provide culinary training for World War II veterans, the college moved to its present location in Hyde Park, NY in 1972. In 1995, the CIA added a branch campus in the heart of California's Napa Valley—the CIA at Greystone. The college continued to grow, adding the CIA, San Antonio branch campus in Texas. The college today enrolls approximately 2,700 students in its degree programs, 3,000 in its programs for professionals, and 3,500 in its courses for food enthusiasts.

THE HYDE PARK CAMPUS

Courses for food enthusiasts, bachelor's and associate degree programs, programs for industry professionals

Our main campus in New York's scenic Hudson River Valley offers students all the top facilities: 41 professionally equipped kitchens and bakeshops; five award-winning, student-staffed restaurants; culinary demonstration theaters; a dedicated wine lecture hall; a center for the study of Italian food and wine; a store-room brimming with the finest ingredients (including many sourced from the bounty of the Hudson Valley); herb gardens...the list goes on. In addition, you'll be inspired by the knowledge, leadership, and energy of our food-centric community of chefs, all helping to shape the future of food.

THE GREYSTONE CAMPUS

Courses for food enthusiasts, programs for industry professionals, associate degree programs, certificate programs

At the CIA at Greystone, located in St. Helena, CA, you'll benefit from the opportunity to cook in our professionally equipped, 15,000-square-foot teaching kitchens; enjoy lectures and demos in our demonstration theaters; and dine in our Ivy Award-winning restaurant. You'll also be invigorated by the energy of a vibrant community of accomplished food and wine professionals who

SEE WHAT'S COOKING AT GREYSTONE

Get a taste of what professional and aspiring chefs learn at the CIA—take in a cooking demonstration! Our talented chef-instructors will treat you to an hour-long demo and tasting featuring the seasonal flavors of California Wine Country.

Consult our online demo calendar at www.ciachef.edu/enthusiasts/cookingdemos to see what's cooking and to sign up.

Tour the CIA

If you're planning a visit to the Hudson Valley, why not add a tour of our breathtaking Hyde Park, NY campus to your itinerary? On our fun and informative student-led tours, you'll learn all about the CIA, see our students and faculty in action, and experience the passion for food and commitment to excellence that makes The Culinary a one-of-a-kind destination.

Public tours are conducted on Monday at 10 a.m. and 4 p.m., and Tuesday–Thursday at 4 p.m. when the college is in session. Cost is \$5 per person. Reservations are required—call **845-451-1588**.

gather at the Napa Valley campus. Over the years, the CIA at Greystone has established itself as a culinary “think tank,” with dedicated on-campus centers for flavor development, professional wine studies, and menu research and development.

THE CIA, SAN ANTONIO CAMPUS

Courses for food enthusiasts, certificate program, programs for industry professionals

A new education and research initiative for the college, The Culinary Institute of America, San Antonio offers a 30-week certificate program in the foundational skills of culinary arts as well as courses for professionals and food enthusiasts. The 5,500-square-foot facility, which includes a state-of-the-art teaching kitchen, is located on the site of the former Pearl Brewery near downtown San Antonio. Plans are for the 22-acre site to ultimately be transformed into an urban village complete with restaurants, shops, art galleries, an open-air mercado, an events facility, and expanded CIA facilities, including a demonstration theater and skills kitchen.

No matter which CIA program you choose, one thing is certain—you'll have the unequalled experience of learning from skilled and passionate instructors who know the food and wine world inside and out. CIA faculty members bring a vast breadth and depth of foodservice industry experience and insight to your culinary learning. They've worked in some of the world's finest establishments, earned industry awards and professional certifications, and emerged victorious from countless international culinary competitions. And while their industry experience is varied, they all share a common passion for food—a passion they're committed to nurturing in you. Attentive, engaging, expert instruction: that's what you'll get from The Culinary Institute of America.

JANUARY

Warm your soul with our Pumpkin Soup with Ginger Cream (page 19).

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Hyde Park, NY

Italian Cuisine Boot Camp (p. 21)

January 11

Hyde Park, NY

Culinary Boot Camp—Basic Training (p. 15)
Specialty and Hearth Breads Boot Camp (p. 23)

St. Helena, CA

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January 16

St. Helena, CA

Wine Explorations:

Tasting Wine Like a Pro (p. 38)

San Antonio, TX

Taste of CIA Cookbooks:

Sharpening Your Knife Skills (p. 33)

January 18

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January 21

Hyde Park, NY

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January 24

St. Helena, CA

A Journey Into Sensory Awareness:

Food and Wine Pairing (p. 38)

January 26

Hyde Park, NY

Techniques of Healthy Cooking Boot Camp (p. 24)

FEBRUARY

Woo your love with our Dark Chocolate Truffles (page 26).

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February 6

St. Helena, CA

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Glorious Foods of Greece (p. 36)

February 8

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February 11

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Hors d'Oeuvre Boot Camp (p. 20)

St. Helena, CA

Sophisticated Palate: A Taste of Northern California (p. 41)

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Sparkling Wine Discovery (p. 38)

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Appetizers and Hors d'Oeuvre (p. 22)

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Mexican Cuisine Boot Camp—Puebla and Oaxaca (p. 22)

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St. Helena, CA

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Celebrate Noodle Month with Ginger-Sesame Stir-Fried Scallops with Lo Mein (page 35).

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St. Helena, CA

Career Discovery—

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March 8

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Hyde Park, NY

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March 13

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Hot Latin Cooking (p. 36)

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Hyde Park, NY

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San Antonio, TX

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March 30

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APRIL

Trumpet the arrival of spring by preparing Grilled Lamb Chops (page 37).

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Hyde Park, NY

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MAY

Make a Mother's Day brunch that's extra-special with the CIA's Eggs Benedict (page 39).

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St. Helena, CA

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Sophisticated Palate: Live-Fire Cooking
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St. Helena, CA

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JUNE

*It's summertime! Make it special with our
Italian flat bread (page 45).*

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Bistro Boot Camp (p. 16)

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St. Helena, CA

Career Discovery—Baking and Pastry Arts
(p. 47)

Making

Artisan Breads at Home



Yes, You Can!

Bread baking, like life, can be done simply or elaborately. You can make bread with a few basic ingredients and without a lot of gadgetry. And you don't have to be an expert to do it. Anyone can make fine artisan breads at home—all it takes is the knowledge of ingredients, equipment, and techniques. Most home bakers don't have a fancy brick oven, and many people get nervous at the mere mention of the word "yeast." Not to worry; it isn't as scary as you think. For one thing, commercial yeast is easier than ever to use. Thanks to the development of instant dry yeast, you can blend the yeast granules with the flour you are using without having to proof it first. A big plus!

If you think baking bread will be hard to fit into your schedule, there are several ways to save time. Many doughs, such as pizza and sweet rolls, benefit from being mixed the night before and allowed to slowly rise in the refrigerator overnight. Or, if you prepare a dough that doesn't require a prolonged resting period, you can pull a crusty, satisfying loaf out of the oven in a few hours.

Perhaps you've found the time to bake bread by using a bread machine (there's no shame in that), but now you're ready to take the next step. Or you used to bake bread and want to get back into it again. Now's the time! The new *Artisan Breads at Home* cookbook from the CIA is the perfect resource for learning to create fabulous breads in your own kitchen. To get you started, here are some tips for success from its pages:

TIP #1: PREPARATION IS EVERYTHING

Before you do anything, read the recipe so you're sure you understand the ingredients you need and the techniques and the timetable you are to follow. Next, get out your thermometer. By using a thermometer, you'll be able to make sure your ingredients are at the correct temperature needed to provide the right environment for the yeast. The best way to ensure this is to control the temperature of your liquid and have the rest of your ingredients at room temperature. So, for example, if you store your flour in the freezer, be sure to take it out ahead of time.

TIP #2: BREAK OUT THE SCALE

Many home bakers rely on measuring cups to portion out their recipe ingredients by volume. It's probably what you were taught to do, and it may seem to work well enough. Professional bakers, however, are always looking for consistent results and they search for ways to control the end product. Knowing that the amount of flour in a measuring cup can and does vary (due to humidity, settling, how and when the flour was milled, the type of cup being used, and the way the cup was filled), professional bakers remove those variables by weighing their ingredients. Scales simply provide a more accurate measurement. If you don't have a scale or aren't ready to give up your measuring cups, that's not a problem—we provide volume measurements in our recipes.

TIP #3: GET A RISE OUT OF YOUR YEAST

There are several types of yeast available, but we recommend using instant dry yeast. It comes in packets or in bulk, and does not require proofing in warm water before you use it. You simply mix it with the flour before adding other ingredients. Instant dry yeast is often labeled as "Bread Machine Yeast" or "Rapid Rise." If the label isn't clear, check the instructions for how to use the yeast granules. If it says to combine the granules with the dry ingredients, you've found the right yeast. Unlike "active" dry yeast, instant dry yeast will not make your bread turn out gummy.

TIP #4: MIX IT UP

As you mix bread dough, there are several goals you need to keep in mind. Of course, you're trying to combine the ingredients into a homogenous mass, but that's not all. Proper mixing ensures that the flour absorbs the liquid appropriately and distributes the yeast uniformly. The right mixing technique will incorporate air and develop the gluten (or structure of the bread), resulting in bread with good volume and a good internal structure. So what is the right mixing technique? Different types of breads rely on different methods. Some call for short mixing periods, while others insist on longer mixing—it all depends on the level of gluten development needed. Read your recipe thoroughly and mix your dough according to the specified directions.

TIP #5: GIVE IT A REST

Once you have mixed the dough, consider the environment in which you're placing it for the fermentation stage—the period when the yeast goes to work and the dough rests and expands. If it's a cold winter day and the temperature of your dough is cooler than expected, try to put it in a warm area, say, on top of a preheating oven or on top of your refrigerator. Check the dough periodically and move it if it gets too warm. In summer, if you're in a hot kitchen, you may want to try affecting the outcome *before* you mix the dough—make your water slightly cooler than directed to compensate for the ambient heat.

TIP #6: IT'S ALL IN THE FOLD

If folding sounds new to you, perhaps it's because in the past you've "punched down" or "deflated" your bread dough, or heard others describe it this way. Pummeling your dough is too rough a treatment, so please resist the urge. Why fold your dough? Because folding is just as important as mixing for the structure of the bread. Through proper folding, you redistribute the yeast, which allows it to continue to do its thing—create great bread. Here's how you fold: gently stretch the dough to elongate it, then fold it into thirds like a sheet or a towel, making sure to dust off any flour on the dough as you go (you don't want raw flour added to your dough). Finally, cover your dough and watch the clock until it's time for the next step.



Resting the dough and folding it—rather than punching it down—are two keys to successful bread making.

TIP #7: TURN UP THE HEAT

It's wise to preheat your oven from 25 to 50 degrees higher than the temperature at which you intend to bake. Here's why: when you open the oven door to load your bread, it can take a minute or two to get it in there, and a considerable amount of heat is lost while the oven door is open. Preheating at a higher temperature can compensate for this loss of heat. Once the bread is in and the oven door is closed, you can adjust the controls to lower the baking temperature and your oven will be at the right temperature from the start. But before you even get to the baking part, it helps to know your oven. If you haven't already, read the manual to see how it works. And use an oven thermometer to test for hot spots. If something seems off, have a professional service the oven.

TIP #8: BRING ON THE STEAM

Some bread recipes instruct you to steam the bread once it's in the oven. You may wonder whether you really need to do this, especially if—like most home bakers—you do not have a steam-injected oven. Steam, in the early stages of baking, helps prevent the crust from forming too early, therefore allowing the bread to rise as high as it can. Steam also makes for a better-quality crust that is thin, crisp, and glossy.

It's easy to get steam into a regular oven: select a cast-iron skillet or an old cookie sheet that you don't mind warping. Fill it halfway with water and place it in the bottom of the oven while you are preheating, or for about 10 minutes before you plan to bake. This will produce steam when you need it. Using ice cubes by throwing them into a hot pan just as you put in the bread is not recommended. They don't melt fast enough to produce the steam you need for proper "oven spring."

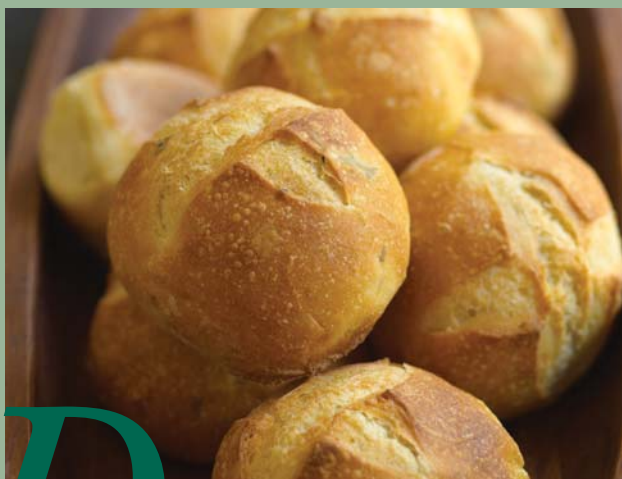
TIP #9: KEEP YOUR COOL

When your bread comes out of the oven, remove it from the pan or baking tray and place it on a cooling rack. This allows for proper airflow, lets the crust set up properly, and prevents the bottom of the loaf from getting soggy after contact with a solid surface. Cooling is an important step, so resist the temptation to tear right into the warm loaf of bread you just baked. A cooled loaf of bread will keep its shape and the crust will look good, just as it does in a professional bakery.

You now have the keys to making quality artisan bread at home. Remember to enjoy the experience, share it with others, and bake often!

Watch Your Bread-Baking Skills Rise

Learn even more tips for creating delicious bread at home by joining us for **Specialty and Hearth Breads Boot Camp** (page 23) and **Artisan Breads at Home** (Taste of CIA Cookbooks, page 29). And be sure to add the new *Artisan Breads at Home* (page 51) to your collection of favorite CIA cookbooks.



Durum and Rosemary Rolls

MAKES 22 ROLLS

2 $\frac{1}{3}$ CUPS (18.5 OUNCES) WATER,
80–82 DEGREES F
2 TABLESPOONS (.80 OUNCES) OLIVE OIL
 $\frac{1}{8}$ TEASPOON (.20 OUNCES) MALT SYRUP*
3 $\frac{1}{4}$ CUPS (16 OUNCES) DURUM FLOUR
2 CUPS PLUS 3 TABLESPOONS
(10.50 OUNCES) BREAD FLOUR
1 TABLESPOON (.30 OUNCES) YEAST,
INSTANT DRY
1 TABLESPOON (.60 OUNCES) SALT
2 TABLESPOONS (.30 OUNCES) ROSEMARY,
COARSELY CHOPPED

Recipe

Found in the pasta aisle of many supermarkets, durum flour—a wheat flour high in protein and gluten strength—contributes a slight yellowish hue to these aromatic rolls. The flavors of chopped rosemary and olive oil conjure up thoughts of the Mediterranean. Whether the dough is shaped into a loaf or baked as rolls, it’s an ideal accompaniment to a home-cooked Italian dinner.

1. Put the water, oil, and malt in the bowl of a mixer. Combine the flours and yeast and add to the bowl, then add the salt. Place the bowl on a mixer fitted with a dough hook, and mix on low speed for 4 minutes, making sure to scrape the bowl and flip the dough over once during mixing. Increase the speed to medium and mix another 2 minutes. Add the rosemary and mix for another minute on low speed, making sure to flip the dough over halfway through the mixing time. Place the dough in a lightly oiled bowl large enough for it to double in size and cover with plastic wrap.
2. Allow the dough to rest in a warm place for 60–75 minutes, until, when lightly pressed, the dough springs back halfway.
3. Place the dough on a lightly floured work surface, and stretch it out slightly. Fold the dough in thirds. Place the dough back into the bowl, re-cover it with plastic wrap, and let it rest for an additional 15 minutes.
4. Prepare two baking sheets by lining them with parchment paper.
5. Place the dough on a lightly floured work surface and divide into 22 equal pieces, about 2 ounces each. Shape into rounds according to the directions on page 12.
6. Place the rolls seam-side down on the prepared baking sheets. Cover the baking sheets loosely with plastic wrap. The rolls will be baked in two batches [sheets (A) and (B)].
7. Place the first sheet (A) in a warm area and the other sheet (B) in the refrigerator. After 20 minutes, remove sheet (B) and place in a warm area. After an additional 20–30 minutes, remove the plastic wrap from sheet (A) and check to see if it’s ready to bake; the dough should spring back halfway when lightly touched.
8. Thirty minutes before baking, preheat oven to 475 degrees F. Ten minutes before baking, place a tray filled with 3 cups of warm water below the baking area in the oven to help produce steam.
9. Prepare sheet (A) for baking. Spray or brush the rolls with water. Allow them to rest for 5 minutes, then spray or brush with water again. Score the tops with an “X” using a sharp razor blade held at a 90-degree angle to the top of the roll.

Continued on page 12



Recipe (cont.)

Durum and Rosemary Rolls

10. Place sheet (A) in the oven and immediately reduce the temperature to 450 degrees F. Bake for 10 minutes, then remove the steam tray and continue baking for an additional 8–10 minutes, until it forms a golden-brown, firm crust. Remove the rolls from the oven and place on a cooling rack.
11. Raise the oven temperature back to 475 degrees F, and pre-heat for 10 minutes. Reinsert the steam tray filled with 3 cups of warm water below the baking area in the oven; allow to steam for 10 minutes.
12. Meanwhile, check sheet (B) to determine if it's ready to bake; remove the plastic wrap and lightly touch the dough; it should spring back halfway when ready. Prepare sheet (B) for baking following the directions in step 9. Place the sheet in the oven and follow the directions listed in step 10.

SOURCE: The CIA cookbook *Artisan Breads at Home*

***Chef's note:** Malt syrup, or malted barley, enhances the color and flavor of the rolls. It can be found at health food stores, specialty bakeshops, and online retailers such as www.kingarthurflour.com. If you do not have access to malt syrup, you can make the rolls without it.

SHAPING ROLLS

1. Beginning with one portion of dough, fold it in half onto itself.
2. Turn the dough a quarter turn, and then fold the dough in half again. Place the seam side down so that the smooth surface is facing up.
3. Using one hand, cup the dough between your thumb and forefinger, making sure the bottom of your hand is touching the table. Apply just enough pressure to the top of the dough that you can feel it is secured in your hand.
4. Move your hand in a clockwise circle, remaining on the table surface at all times. Pinch the dough under when it hits your pinky finger and release pressure slightly when it reaches your thumb. If you are having difficulty controlling the dough, try lightly dampening the table surface with either water or oil.
5. Space the rolls out evenly on a baking tray lined with parchment paper. The rolls will double in size before being baked, so make sure you leave enough space in between that they do not run into each other later. You will not want to move the rolls once they are fully proofed.
6. In each step, the main thing to ensure is that there are no seams or creases at the top of the dough. This will help create a beautiful final shape.

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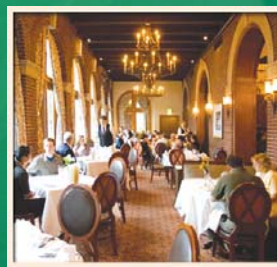
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Tuscan villa setting*

St. Andrew's Café *Locally and sustainably sourced
ingredients prepared using both American and
European culinary traditions*

Wine Spectator Greystone Restaurant *An
American interpretation of world flavors inspired
by local, seasonal ingredients*

The CIA at Greystone is a branch of the CIA, Hyde Park, NY.
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Experience the Excitement



If you thrill to the discovery of a new ingredient, devour every word written about cooking, and feel an incredible sense of satisfaction when you create a new dish, then you've got the makings of a CIA Boot Camper.

From the moment you don your chef's uniform in Boot Camp, you'll be immersed in the exciting world of the professional kitchen. You'll dice and sift and sauté with our world-famous chefs at your side. And you'll experience fabulous flavors and authentic ingredients, whether you're cooking in the Napa Valley, Hudson Valley, or Southwest.

There's a reason our Boot Campers return again and again, a reason why so many stay in touch after the class is over. Because CIA Boot Camp is more than a course—it's a life-changing experience.



The *One* That Started It All

Our five-day Basic Training is where the CIA Boot Camp phenomenon started, and it's a great place for you to start, too. (Of course, you can take our Boot Camps in *any* sequence. There are no drill sergeants in our kitchens—promise!)

CULINARY BOOT CAMP—BASIC TRAINING

NY Jan. 11–15, Feb. 1–5, Mar. 1–5, Mar. 15–19, Apr. 5–9, Apr. 26–30, May 24–28, June 21–25, or Aug. 30–Sept. 3; 7 a.m.–4 p.m. *, \$2,095

CA Jan. 11–15 or May 3–7; 7 a.m.–3 p.m. *, \$2,095

TX Mar. 1–5; 7 a.m.–1:30 p.m., \$1,750

So you want to learn to cook...I mean, *really* cook? Here's your chance. In this five-day course, you will become well-versed in the fundamentals of cooking. Your assignments will include hands-on training in knife skills, kitchen terminology, dry-heat cooking methods (roasting, grilling, sautéing, pan-frying, and stir-frying), and moist-heat cooking methods (braising, shallow poaching, deep poaching, and steaming).

You'll get an insider's view of the CIA and hone your culinary skills:

- Participate in tastings of American, French, and Italian wines.
- Explore a variety of food and wine pairings.
- Enjoy a "Sharpen Your Knife Skills" demo.
- Take a cooking practical examination at the end of the week, just like a professional!
- Tour the CIA campus (Hyde Park and St. Helena only).

As a Basic Training participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days (Hyde Park and St. Helena only), you'll return to campus for dinner in the CIA's on-campus public restaurants.

THE RESTAURANT EXPERIENCE

Dining in the CIA restaurants during your Boot Camp program is an "extra"—but one well worth taking advantage of. Not only will you enjoy fine food prepared and served by the friendly students in our degree programs, you'll be helping them prepare for their future careers in the foodservice and hospitality industry.

Boot Camps of Every Flavor

No matter what your culinary interest—from specialty breads to world cuisines—there's a CIA Boot Camp for you. And there's one that fits your time availability, too, whether you've got five days, two days, or somewhere in between.

ASIAN CUISINE BOOT CAMP

NY June 14–18; 7 a.m.–4 p.m. *, \$2,095

The history, cultures, and regions of the eastern world come together in this gastronomic tour of Asia, home of some of the world's most diverse, flavorful cuisines. You'll embark on a fascinating culinary journey blending traditional and contemporary aspects of Asian cooking.

During each intensive day, you'll experience the cuisines of different Asian countries—from India, China, and Japan to Korea, Thailand, and Vietnam. You'll soon become familiar with the common bonds these cuisines share as well as the ingredients, flavor profiles, and cooking techniques that make each one distinct.

In this class, you will:

- View a sushi demo and participate in sushi tastings.
- Participate in a tasting of Asian beverages.
- Learn the differences between authentic and adapted Asian dishes.
- Tour the CIA campus.

When you enroll, we'll supply you with two chef's uniforms, each with a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.



BAKING BOOT CAMP

NY Mar. 30–Apr. 2 or June 1–4; 7 a.m.–4 p.m. *, \$1,695

Bread and baked goods are staples of any meal, whether it's a savory breakfast scone, a hearty sandwich rye, or a melt-in-your-mouth dessert cookie straight out of the oven. Expanding your baking repertoire opens up a whole new world of possibilities for your menus.

During Baking Boot Camp, you will learn the fundamentals of baking as well as those specific to bread baking. You'll discover the techniques used to create basic items such as cookies and brownies, muffins, quick breads, scones, and pies.

After the lectures, demonstrations, and hands-on bakeshop production in this four-day basic training course, you'll return home ready to dazzle your family and friends with your newfound confidence and skills.

You will also:

- Sit in on a lecture about food science and how it relates to baking.
- Enjoy a bread tasting and lecture.
- Tour the CIA campus.

When you enlist in CIA Baking Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

"I've since applied many of my Boot Camp skills to my cooking at home... I whip out that kitchen scale and weigh everything. I've always been adventurous with my recipes, but it feels great to say, 'I learned that at the CIA.'"

—Sandina Polgar, Trenton, MI

BBQ BOOT CAMP

NY May 6–7, May 27–28, June 7–8, June 9–10, July 6–7, or Aug. 5–6; 7 a.m.–4 p.m. *, \$850

Ah yes, as temperatures rise along with appetites for something fresh off the outdoor grill, the air is filled with the overwhelmingly pleasing aroma of...prawns? Absolutely! After spending two days in our condensed yet comprehensive BBQ Boot Camp, you'll realize there are no limits to what you can do while wielding your grilling tools. You'll be able to not only grill the perfect steak, but also hot smoke, barbecue (low and slow cooking), and smokeroast everything from seafood, meat, and poultry to vegetables, side dishes, and desserts. You'll also explore the fundamentals of food and grilling safety, discuss equipment needs (and wants), and learn about brines, rubs, marinades, and sauces. The possibilities are endless for your next backyard gathering!

When you enlist in CIA BBQ Boot Camp, you'll receive a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants. You'll also be treated to a tour of the CIA campus during regular class hours.

BISTRO BOOT CAMP

NY Feb. 16–19, Apr. 20–23, June 1–4, or Aug. 23–26; 7 a.m.–4 p.m. *, \$1,695

CA Mar. 29–Apr. 1; 7 a.m.–3 p.m. *, \$1,695

Simple, sophisticated, casual, elegant...the word "bistro" evokes so many pleasantly alluring images and experiences, many of them related to classic French cuisine—and *all* of them satisfying. With aromatic soups and stews, rustic omelets, robust gratins, savory tarts, and fresh-from-the-oven breads and pastries topping the menu, bistro cuisine is something that's sure to please even the most discriminating of palates.

Featuring the best of casual American-style and French bistro cooking, the four-day Bistro Boot Camp will show you what it takes to prepare this irresistible food with ease. You'll discover traditional and innovative recipes to add to your repertoire, along with fundamental techniques common to bistro cuisine, from roasting to braising to baking.

You will also:

- Discuss and prepare classic and contemporary bistro-style dishes.
- Explore appropriate beverage pairings.
- Tour the CIA campus.

As a Bistro Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

CULINARY BOOT CAMP—ADVANCED TRAINING

NY Jan. 18–22, Mar. 22–26, May 3–7, June 28–July 2, or Aug. 23–27; 7 a.m.–4 p.m. *, \$2,095

OK, Boot Camper, you’ve passed your basic training. As a veteran cook, you can navigate your way around the kitchen. But it’s not time to be “at ease” yet! Now you’re ready to learn the secrets that lead to culinary mastery. Along the way, you’ll add innovative and exotic ingredients to your ever-expanding repertoire and rediscover long-taken-for-granted ingredients.

You will:

- Learn to fabricate an array of protein items.
- Prepare grand and derivative sauces.
- Participate in blind tastings.
- Study the dynamics of taste and flavor.
- Enjoy a wine and cheese pairing.
- Tour the CIA campus.

As an Advanced Training Boot Camp participant, you’ll receive two chef’s uniforms, each with a jacket, pants, and neckerchief. Paper chef’s hats, side towels, and aprons will be provided in class.

*On select class days, you’ll return to campus for dinner in the CIA’s on-campus public restaurants.

FLAVORS OF WINE COUNTRY BOOT CAMP

CA Mar. 8–12; 7 a.m.–3 p.m. *, \$2,095

From fresh produce to wine to artisan cheese and bread, the distinctive flavors of California’s wine country abound. Seasonal products, harvested and crafted by local purveyors, provide the foundation for the satisfying dishes prepared in this celebrated region.

During this five-day course, you’ll discover and sample the best of Northern Californian cuisine. Highlighting the freshest ingredients available and recipes influenced by the flavors of Asia, the Mediterranean, and Latin America, you will learn how to prepare dishes that reflect a local and global awareness. The region’s world-class wines, integral to the cuisine, will be incorporated into the daily lessons.

You will:

- Discuss seasonal ingredients, local farming, and characteristic foods and wines of the California wine country.
- Learn a variety of cooking techniques that best showcase the region’s ingredients.
- Use a selection of local products to prepare intensely flavorful dishes.
- Spend afternoons in flavor dynamics sessions, including an olive oil tasting, herb tasting, and salt and vinegar tasting.
- Learn the fundamentals of wine and food pairing.

When you enlist in the Flavors of Wine Country Boot Camp, you will receive two chef’s uniforms, each with a jacket, pants, and a neckerchief. Paper chef’s hats, side towels, and aprons will be provided in class.

*On select class days, you’ll return to campus for dinner in the Wine Spectator Greystone Restaurant to sample the flavors that shape the California wine country dining scene.





Elizabeth Kossick

A specialist in Latin cuisines and fluent in Spanish, Elizabeth Kossick has lived and worked in countries throughout Latin America, studying with renowned Mexican chefs Carmen Ramirez de Gollado, María Dolores Torres Yzábal, Alicia de Angeli, and Margarita de Salinas. Chef Kossick has also cooked with Donald Link at Herbsaint restaurant in New Orleans, LA; served as executive chef and culinary director for Culinary in that same city; and shared her expertise as a culinary consultant in the U.S., Mexico, and Canada. She is currently producing an organic, all-natural line of products called *Orgánica Latina*. Chef Kossick, now at the CIA, San Antonio, is a graduate of the University of Mississippi, Florida International University School of Hospitality & Tourism Management, Le Cordon Bleu, and the Universidad Nacional Autónoma de México.

How have your travels throughout the world influenced your approach to cooking?

Tremendously. I firmly believe that a person cannot reproduce the flavors of a region without having traveled there first. I call it “Culinary Anthropology 101” and it lies at the heart of studying world cuisines—i.e., looking at a cuisine through its underlying culture, history, and surroundings.

Of all the cuisines in the world, what drew you to specialize in Latin cuisines?

I was born in Central America and grew up smelling the aromas of black beans, fried plantains, and hand-patted corn tortillas. Even after moving back to the United States, my internal compass always pointed south and anytime I had an elective to choose in school, I always opted for subjects related to Latin America. When given the chance to travel, I almost always selected a region in the Americas to explore.

Why do you think Latin American cuisine is capturing the imagination of Americans?

I would say it has to do with demographics and the changing face of America. Other factors such as globalization and increased tourism have played a role in educating the American public about Latin cuisines as well. Then, of course, there is the food—you would be hard-pressed to find any region in the world with as much ethnic, geographic, and culinary diversity as Latin America.

What is your motivation as a chef-instructor?

It is very important to teach the fundamentals—core ingredients, cooking techniques, and flavor profiles—of any regional cuisine. Culinary professionals should have a healthy respect for and knowledge of how foods are prepared, served, and consumed in their native land. Far too often I see “con-fusion” cuisine—where people take the liberty of mixing every ingredient from Latin America into a dish and the end result is very confused. Therefore, it is always best to master the fundamentals before jumping off into “fusion” cuisine.

January *Recipe*



Pumpkin Soup *with* Ginger Cream

MAKES 8 SERVINGS

2 TEASPOONS BUTTER
2 GARLIC CLOVES, MINCED
1¼ CUPS CHOPPED LEEK
½ CUP DICED CELERY
2 TEASPOONS MINCED FRESH GINGER
5 CUPS VEGETABLE OR CHICKEN BROTH
OR WATER
3 CUPS DICED PUMPKIN (FRESH OR FROZEN)
1 CUP SLICED SWEET POTATO
1 SMALL PIECE CINNAMON STICK
¼ TEASPOON FRESHLY GROUND NUTMEG,
OR TO TASTE
½ CUP DRY WHITE WINE
½ CUP EVAPORATED SKIM MILK OR
WHOLE MILK
2 TEASPOONS FRESHLY SQUEEZED LIME JUICE
½ TEASPOON SALT, OR TO TASTE
½ CUP WHIPPED HEAVY CREAM, CHILLED

This rich and creamy soup is sure to warm you up on a cold January night. If you do not have access to fresh pumpkin, look for plain pumpkin pieces in the frozen foods section of your market. Canned pumpkin will not work quite as well in this recipe, although it can be substituted if fresh or frozen pumpkin is unavailable. In addition to the ginger cream, garnish each bowl with a scattering of toasted pumpkin seeds or, for an elegant presentation, add a tablespoon of diced cooked lobster meat to each portion.

Heat the butter in a soup pot over medium heat. Add the garlic, leek, celery, and half of the ginger. Cook, stirring occasionally, until the leek and celery are softened, 8 to 10 minutes.

Add the broth, pumpkin, sweet potato, cinnamon stick, and nutmeg. Bring to a simmer and cook until the pumpkin is very tender, about 30 minutes.

Remove and discard the cinnamon stick. Puree the soup until quite smooth. If you wish, strain through a fine sieve for an exceptionally smooth texture.

Return the soup to medium heat. Add the wine, milk, and lime juice, and the salt to taste. Stir to combine well, and reheat the soup to just below a simmer.

Whip the chilled heavy cream to medium peaks and fold in the remaining ginger. Serve the soup in heated bowls, garnished with a dollop of ginger-flavored cream.

SOURCE: The CIA cookbook *The New Book of Soups*

To learn more delicious recipes and soup-making techniques, join us for our weekend **Soups** class (Taste of CIA Cookbooks). See page 33 for all the details.

FRENCH CUISINE BOOT CAMP

NY Feb. 22–26 or May 17–21; 7 a.m.–4 p.m. *, \$2,095

In the western world, French cuisine has long been considered the standard by which all others are compared. From its provincial roots to the high cuisines created by great chefs like Carême and Escoffier, French food is rich in culinary tradition.

In each day of this five-day Boot Camp, you'll explore the ingredients, flavor profiles, and cooking techniques of a different region of the country. You and your classmates will prepare sumptuous French dishes both familiar and new, such as bouillabaisse, crème brûlée, and truite de ruisseau aux chanterelles.

You will also:

- Explore mother or grand sauces and their derivatives.
- Discuss and prepare regional and classical dishes.
- Taste French wines and experience table-side service.
- Tour the CIA campus.

When you enlist in CIA French Cuisine Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

GOURMET MEALS IN MINUTES BOOT CAMP

NY Feb. 8–12; 7 a.m.–4 p.m. *, \$2,095

In today's busy world, time is our most precious resource. How can we maintain our full lifestyles and still enjoy quality, healthful meal choices? The CIA has the perfect solution. Whether you're interested in adding variety to your everyday meals or hosting a stress-free dinner party, this Boot Camp program will teach you how to prepare delicious food in a matter of minutes rather than hours.

During this five-day course, you will learn strategies for budgeting your time when preparing meals. You will produce a variety of appetizers, entrées, side dishes, and desserts from the CIA's *Gourmet Meals in Minutes*.

You will also:

- Tour the CIA campus.
- Learn presentation techniques to enhance your quick and delicious meals.
- Choose appropriate wine to accompany your meals.

When you enlist in the CIA Gourmet Meals in Minutes Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

HORS D'OEUVRE BOOT CAMP

NY Feb. 11–12, Apr. 15–16, or Aug. 5–6; 7 a.m.–4 p.m. *, \$850

Small bites can make a big impression, and you'll be sure to "wow" guests with your ability to prepare and present some truly tantalizing treats. Stuffed or skewered, filled or topped, the perfect bite-sized hors d'oeuvre are packed with flavor and lend beautifully to parties and social gatherings.

In this two-day course, you will learn the basic principles necessary to create both hot and cold hors d'oeuvre and pick up a few trade secrets that will enable you to confidently prepare an impressive assortment of small bites.

You will also:

- Learn how to select the best hors d'oeuvre for your party and how much to prepare.
- Discuss the basic components of canapés and hot and cold hors d'oeuvre.
- Practice creative garnishing, plating, and presentation techniques.
- Tour the CIA campus.

In this Boot Camp program, you'll receive a chef's uniform that includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

"I really enjoyed the hands-on kitchen experience and my classmates were great. It was amazing how our four teams would turn out such wonderful meals every day. By cooking together daily and dining together each evening, you get to know each other quickly."

—Diane M. Doran-Sheehy, Wading River, NY



ITALIAN CUISINE BOOT CAMP

NY Jan. 5–8, Mar. 9–12, May 11–14, or Aug. 30–Sept. 2;
7 a.m.–4 p.m. *, \$1,695

The tradition and culture...the sauces and spices...the aromas and flavors...a gastronomic tour of Italy will unleash your passion for food *and* your zest for life. Each day, you will explore the different regions of the country, improving your knowledge of Italian geography while learning about the flavor profiles that distinguish Italian cuisine. You'll expand your Italian and culinary vocabulary as you taste indigenous ingredients and prepare regional specialties under the direction of our renowned faculty. *Viva Italia!*

During this four-day course, you will become acquainted with the culture, traditions, and customs that contribute to regional Italian cuisine. Be prepared for an exhilarating, fun-filled adventure.

You will:

- Tour the CIA campus.
- Learn to navigate an Italian menu.
- Taste Italian wine.

When you enlist in Italian Cuisine Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

MEDITERRANEAN CUISINE BOOT CAMP

NY Apr. 12–16 or June 28–July 2; 7 a.m.–4 p.m. *, \$2,095

Mediterranean cuisine, with its vivid flavors and wide-ranging taste sensations, transports you to the blue skies, warm sun, and sparkling waves of one of the world's richest culinary regions. This five-day gastronomic excursion highlights the renowned cuisines of the northern Mediterranean, including Provence, Southern Italy, and Spain, and explores many of the lesser-known but up-and-coming dishes of Greece, Turkey, and North Africa.

From pasta and phyllo to tapas and tagines, you'll study the ingredients and dishes associated with the bountiful Mediterranean table. You'll also get an introduction to cooking methods and equipment common to the various cuisines of the region. Along the way, you'll discover the history, culture, and geographical influences that have shaped the unique Mediterranean landscape.

You will also:

- Participate in tastings and lectures of common ingredients, such as olive oil, regional cheeses, and herb and spice blends that lend to the Mediterranean flavor profile.
- Observe a variety of chef demonstrations featuring the preparation of traditional dishes, including paella, briks, and couscous.
- Tour the CIA campus.

As a Mediterranean Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.





NEW! MEXICAN CUISINE BOOT CAMP— APPETIZERS AND HORS D'OEUVRE

TX Feb. 22–23; 7 a.m.–1:30 p.m., \$795

Bursting with vibrant flavor and color, Mexican cuisine is one of the most dynamic around. From complex, sophisticated dishes to deliciously informal antojitos—Mexico's version of small plates—this distinctive fare offers tremendous versatility and culinary excitement.

Now you can bring the traditional flavors of Mexico to your table with the skills and recipes you'll learn in this course. With a focus on corn—the quintessential ingredient in Mexican cuisine—you'll examine the intricacies of traditional small bites, including tortillas, tamales, tacos, soups, and moles.

You will also:

- Explore various regions of Mexico through the different ways corn is prepared and used in each cuisine.
- Study the history of corn and learn about the mysterious huitlacoche.
- Prepare and sample a variety of small bites made from fresh and dried corn as well as complementary items to enhance these dishes.
- Discover ideas for new hors d'oeuvre and appetizers that you can add to your repertoire.

As a participant in Mexican Cuisine Boot Camp: Appetizers and Hors d'Oeuvre, you will receive a chef's uniform, which includes a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

NEW! MEXICAN CUISINE BOOT CAMP— PUEBLA AND OAXACA

NY Mar. 24–26 or July 6–8; 7 a.m.–4 p.m.*, \$1,295

TX Feb. 24–26; 7 a.m.–1:30 p.m., \$1,195

Intrigued by the unique flavors and textures of authentic Mexican food? You're not alone. Anyone who has tasted the genuine regional dishes of Mexico is struck by their rich complexity. Join us for a culinary tour of Puebla and Oaxaca as we explore Mexican cuisine's wide variety of regional dishes, cooking methods, and indigenous ingredients.

In this stimulating three-day course, you will discover the rich history, classic preparation techniques, and flavor profiles of authentic Mexican specialties.

Be prepared for a flavor-packed journey as you:

- Unravel the mystery of traditional cooking from the heart of Mexico.
- Identify, taste, and learn about different chiles and study their many uses.
- Prepare and sample unique, complex dishes from Central (Puebla) and Southern (Oaxaca) Mexico using indigenous ingredients.
- Explore ancient and modern techniques for preparing salsas, moles, and many other recipes.
- Learn a variety of delicious recipes to prepare in your kitchen at home.
- Tour the CIA campus (Hyde Park only).

As a participant in Mexican Cuisine Boot Camp: Puebla and Oaxaca, you will receive a chef's uniform, which includes a jacket, pants, and neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days (Hyde Park only), you'll return to campus for dinner in the CIA's on-campus public restaurants.

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"The Culinary Institute of America Boot Camp."**

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PASTRY BOOT CAMP

NY Apr. 26–30; 7 a.m.–4 p.m. *, \$2,095

Let your artistic talent and passion for food come together. Success in pastry making depends on both a mastery of techniques and a highly creative mind. After this five-day course, you'll be able to prepare all those amazing fresh hot pastries and desserts you find at the pâtisserie right in your own home.

At Pastry Boot Camp, you will learn the fundamentals of pastry and the techniques used in creating basic preparations such as laminated dough, pastry creams, crème anglaise, pâte à choux (éclairs and profiteroles), mousses and bavarians, sponge cakes, and buttercreams and tarts.

You'll also:

- Indulge in a chocolate tasting.
- Explore a variety of dessert wines.
- Tour the CIA campus.

When you enlist in CIA Pastry Boot Camp, you will receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

SKILL DEVELOPMENT BOOT CAMP

NY Jan. 21–22, Mar. 4–5, July 6–7, or Aug. 19–20; 7 a.m.–4 p.m. *, \$850

It's in you. Somewhere just below the surface is a talented culinarian just waiting to create some magic in the kitchen, and our Skill Development Boot Camp will help you make it happen. This amazing two-day program offers an accelerated, comprehensive lesson in the culinary arts that gives you the confidence and dexterity to shine.

Come to the CIA, and release your inner chef! You'll explore the fundamentals of cooking as you work in our kitchens, attend wine-tasting lectures, and enjoy illuminating discussions.

You will:

- Learn new knife skills.
- Examine the principles of product identification.
- Study basic cooking methods.
- Become immersed in the basics of food and wine pairing.
- Tour the CIA campus.

When you enroll in CIA Skill Development Boot Camp, we will supply you with a chef's uniform, which includes a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

SPECIALTY AND HEARTH BREADS BOOT CAMP

NY Jan. 11–15 or May 17–21; 7 a.m.–4 p.m. *, \$2,095

A crisp crust. A chewy crumb. An unmistakable, heavenly aroma. Nothing is more captivating than a French baguette straight from the oven. But it doesn't stop there. From the flatbreads of the Middle East to the renowned enriched breads of Europe, bakers around the world have been seducing our senses for thousands of years with their specialty breads. Now it's your chance to join the ranks and learn the art of bread baking from those who have mastered the craft.

Beginning with an ingredient function and equipment review, and progressing to shaping techniques and methods, you'll learn how you can prepare a variety of breads right from the comfort of your own home. At only pennies a batch, you'll want to treat yourself on a daily basis.

In this class, you will:

- Study weights and measures and become acquainted with such concepts as desired dough temperature and the total temperature factor.
- Learn the 12 steps of bread making and uncover the mysteries of pre-ferments and sours.
- Prepare a variety of fresh-baked artisan breads.
- Assess the quality characteristics of properly prepared bread products.
- Tour the CIA campus.
- Attend a local artisanal cheese lecture.

As a participant in Specialty and Hearth Breads Boot Camp, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

TECHNIQUES OF HEALTHY COOKING BOOT CAMP

NY Jan. 26–29 or May 11–14; 7 a.m.–4 p.m. *, \$1,695

CA Feb. 22–25; 7 a.m.–3 p.m. *, \$1,695

Health and wellness—it's on people's minds a lot these days, and more and more it's reflected on their dinner tables too. Now you can learn to create healthful cuisine that tastes every bit as good as the “sinful” stuff; food you can enjoy with all the health benefits and none of the guilt!

In this four-day course, you will discover ways to apply sound nutritional principles to the foods you prepare, examine alternative seasoning and flavoring techniques that allow you to cut the fat content of your dishes, and plan a menu that emphasizes nutrition through a variety of foods.

You will also:

- Hear a lecture on nutrition given by a certified dietitian.
- Explore the “physiology of taste.”
- Tour the CIA campus.

As a CIA Techniques of Healthy Cooking Boot Camp participant, you'll receive two chef's uniforms, each with a jacket, pants, and a neckerchief. Paper chef's hats, side towels, and aprons will be provided in class.

*On select class days, you'll return to campus for dinner in the CIA's on-campus public restaurants.

CIA Boot Camp Tool Kits

A tool kit is optional for the Boot Camp programs. You may purchase one from the CIA Masters Collection® at a special price.

The Premier Package

- 8-inch Chef's Knife
- 3½-inch Paring Knife
- Chef's Spatula
- Bench Scraper
- 14-inch Wooden Stirring Spoon
- 12-inch Flexible Balloon Whisk
- 10-inch Offset Metal Spatula
- 6-piece Measuring Spoon Set
- Analog Thermometer
- Cutlery Use and Care Booklet
- Backpack with Travel Cutlery Roll
- 10-inch Slicing Knife
- Sharpening Steel
- Peeler
- Locking Tongs

Retail Price: \$507

Your Price: \$425

The Starter Package

- 7-inch Santoku Knife
- 3½-inch Paring Knife
- 6-inch Boning Knife

Retail Price: \$195

Your Price: \$155

To order either tool kit, contact customer service at 1-888-995-1699 at least three weeks prior to your program date. You will receive your knife kit when you arrive.

Experience the “Best of” Boot Camp

We know...there are so many terrific CIA Boot Camps that it can be hard to decide which one to try first! Now you can sample the high points in our “Best of” Boot Camps. Held at our Hyde Park, NY campus and offered exclusively through ShopNBC—the premium lifestyle shopping channel—these programs offer a hands-on culinary vacation you'll always remember.



5-DAY “BEST OF” BOOT CAMP

May 3–7, May 24–28, or June 7–11, 2010

Highlights include:

- Knife Skills and Cooking Methods
- Baking and Pastry
- The Italian Table
- Flavors of Asia
- Bistros and Brasseries
- Dinner with wine pairings in four CIA restaurants

2-DAY “BEST OF” BOOT CAMP

June 14–15 or June 16–17, 2010

Highlights include:

- Knife Skills and Cooking Methods
- Baking and Pastry
- Dinner with wine pairings in two CIA restaurants

For all the exciting details and to register, visit ShopNBC.com and search on “Boot Camp.”



Lars Kronmark, C.W.P.

Chef-Instructor Lars Kronmark has been inspiring students at the CIA since helping to open the Greystone campus in 1995. Today, the popular “Chef Lars” shares his love of the culinary arts with everyone from food enthusiasts to aspiring hospitality professionals in the Accelerated Culinary Arts Certificate Program (ACAP) to industry clients. He recently taught the first Boot Camp program at Greystone to rave reviews.

A CIA Certified Wine Professional, Chef Kronmark was educated at the Restaurant and Apprenticeship School in Copenhagen, Denmark and furthered his culinary training in kitchens throughout Europe. His 27 years of teaching experience have taken him around the world—to Mexico, Italy, Spain, China, and across the United States. He is a member of Zinfandel Advocates and Producers, and a founding member of the Marin County Wine Society. Chef Kronmark was named the 2007 Chef of the Year by the Cordon d’Or-Gold Ribbon Academy of the Culinary Arts in St. Petersburg, FL. He is well known throughout the Napa Valley for generously donating his time and talents to support fund-raising events for a variety of not-for-profit organizations.

How has your culinary work throughout the world influenced your approach to cooking?

I look at the raw materials from a different angle, asking myself, “What application would be best for this to preserve and promote the best flavor?”

What brought you to California?

Two things, if not more. First, after I finished my apprenticeship in Denmark in 1977, I spent one whole year in Switzerland. During the beginning of that year, the only one I could talk to was George, a young American from California. George had been placed in this hotel by his dad to grow up. We had a great time, and I became a friend of the family.

In addition, I had a Danish-American girlfriend for years back in Denmark. Moving to California gave me the opportunity to try out this great state at a time when the American food revolutions were just taking off. The rest is history.

What subject are you most passionate about when it comes to food?

Preserving flavors and making things the way they should be. In my case, I particularly love Spanish and Italian regional food, and also charcuterie.

What do you find most rewarding about teaching food enthusiasts?

Their appreciation, and the fact that most of them have traveled to or eaten in all the best places one can think of—and they still can’t wait to go home and try out what they’ve learned here.

What’s the most interesting thing you’ve learned from one of your students?

There are so many things, but one I have learned recently is how to make mozzarella curd from scratch using a microwave. And then, all of my ACAP students gave me a few hours of lecture on how to use my new iPhone!



February *Recipe*

What better gift to give this Valentine's Day than handmade chocolate truffles? They're rich and creamy and a cinch to make. Coated in cocoa powder rather than tempered chocolate, truffles require little effort—you'll be able to whip up a batch of these in no time. If you want a little variety, try rolling some of your truffles in shredded coconut or chopped, toasted nuts. After you present a box of these professional-looking creations to your valentine, you may have trouble convincing him or her that you did, indeed, make them yourself!

D

ark Chocolate Truffles

MAKES ABOUT 60 TRUFFLES

1 CUP HEAVY CREAM
2 TABLESPOONS LIGHT CORN SYRUP
1 TABLESPOON BUTTER, UNSALTED, SOFT
2 1/3 CUPS DARK CHOCOLATE,
CHOPPED IN 1/2-INCH PIECES
COCOA POWDER, FOR DUSTING (AS NEEDED)

Attend our new class, **Chocolates and Confections at Home** (Taste of CIA Cookbooks; page 30), for more recipes and chocolate-making tips and techniques. And be sure to check our new *Chocolates and Confections at Home* cookbook on page 52.

Line a 9- x 13-inch baking pan with parchment paper.

Combine the cream and corn syrup in a 2-quart saucepan and bring to a boil. Remove from the heat. Add the butter and chopped chocolate to the cream and stir until smooth and homogeneous to form the ganache.

Pour the finished ganache into the baking pan to make a thin layer and cover with plastic wrap. Refrigerate for 1 hour or more until the ganache is firm.

Put the ganache in a mixer bowl and mix on medium speed, using a paddle attachment, for 30 seconds. Or, stir vigorously in a mixing bowl by hand, using a spatula.

Allow the ganache to rest at room temperature for 5 minutes. Meanwhile, line a sheet pan with parchment paper, sift the cocoa into a bowl, and set aside for later use.

Using a teaspoon, scoop out balls of ganache and place on the sheet pan at room temperature. When all of the ganache has been scooped, roll each portion by hand into a round ball and drop each ball into the cocoa. Roll each truffle in cocoa to coat. Chill until firm.

Transfer the truffles to airtight storage containers and separate the layers with parchment or waxed paper.

Keys to truffle-making success:

- To guarantee the most flavorful truffles, use top-quality chocolate.
- Make sure the ganache has enough time to firm in the refrigerator. An hour is a good guideline, but it is okay to leave it in longer, even overnight if desired.
- Resting the ganache after mixing allows it to harden slightly, which makes scooping much easier.

SOURCE: The CIA *Chocolates and Confections at Home* cookbook



Surprise Them with the Perfect Gift

Celebrate a birthday. Tell someone “thank you” in an unforgettable way. Or, give your favorite couple a wedding gift they’ll both enjoy. Whatever the occasion, The Culinary Institute of America has your gift-giving needs all wrapped up.

Give the gift of culinary excellence—the chance to cook with the CIA’s chef-instructors, or a book, DVD, or culinary tool from our celebrated kitchens:

A STINT AT CIA BOOT CAMP

Intensive, hands-on culinary vacations at all three CIA campuses designed to help foodies take their skills to the next level.

A TWIST ON THE WEEKEND

A completely different way to spend a Saturday or Sunday, our CIA Samplings, Taste of CIA Cookbooks, and Wine Explorations classes let students sample all the CIA has to offer.

A CIA SOPHISTICATED PALATE™ EXPERIENCE

Exclusive programs at the CIA at Greystone featuring hands-on cooking and visits with premier growers, vintners, and chefs that let food connoisseurs experience the best of California’s legendary Napa Valley.

CIA COOKBOOKS AND DVDS

Insights, recipes, and step-by-step instruction from the award-winning faculty of The Culinary Institute of America—right in your own home kitchen.

CIA KITCHEN ESSENTIALS

Top-of-the-line CIA Masters Collection® kitchen equipment, the CIA™ Professional Series by Vita-Mix®, themed Gifts of Education packages...everything your culinary heart desires is at the CIA at Greystone store, on campus and online.



Shop the CIA at www.ciachef.edu/gifts
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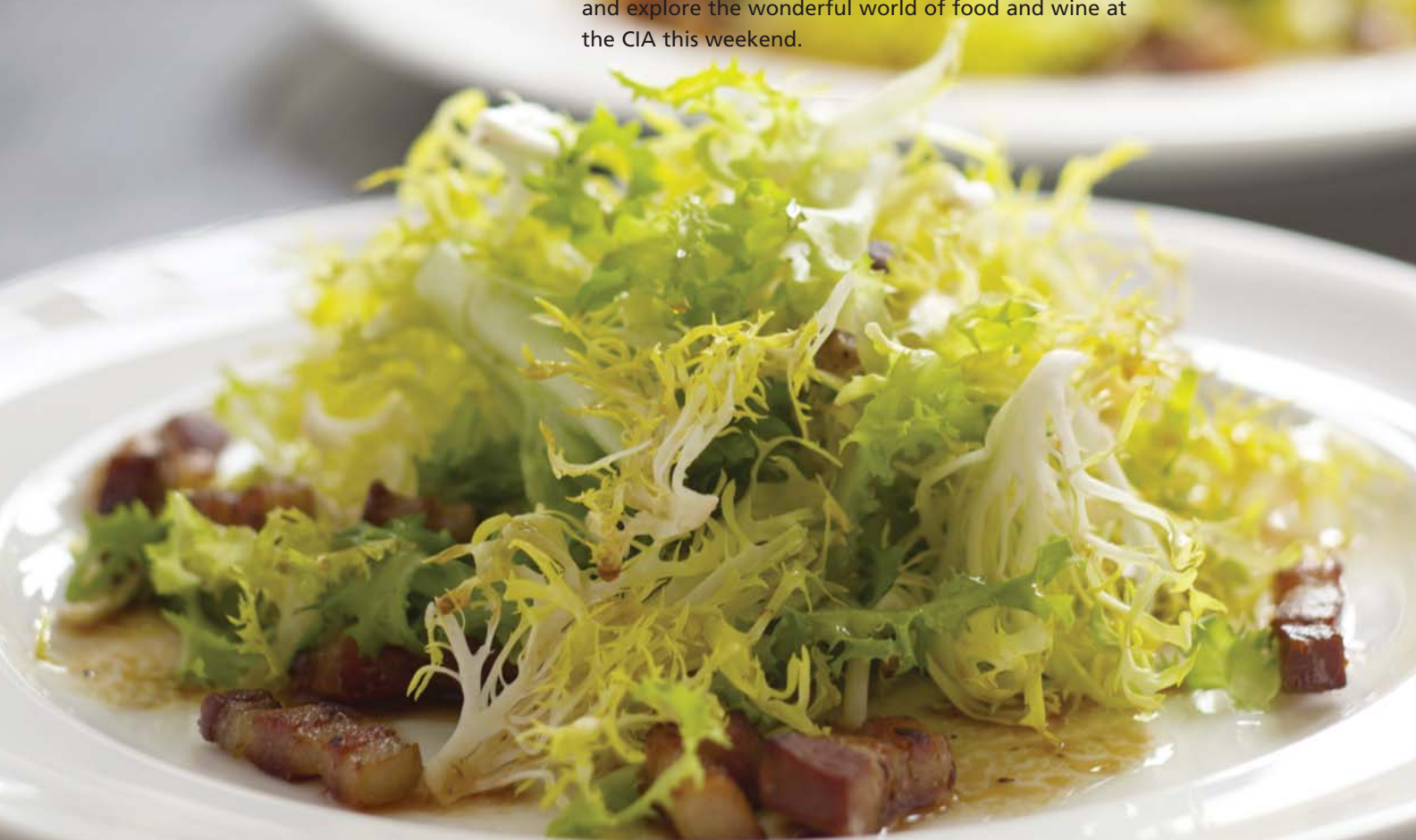
Weekends Are About You



And after spending a few hours with us on a Saturday or Sunday, you may just discover a new passion or hidden talent. In our Wine Explorations, CIA Samplings, and Taste of CIA Cookbook classes, we'll unravel the mysteries of the grape, introduce you to the flavors and cuisines of the world, and get you cooking and baking recipes from the pages of our popular books.

In all of our Weekend at the CIA classes, you'll learn from our expert chefs and instructors, get a taste of all the CIA has to offer, and share the experience with other culinary devotees.

Forget the obligations of Monday through Friday—just for a little while, anyway. Come indulge your senses and explore the wonderful world of food and wine at the CIA this weekend.



Taste of CIA Cookbooks

When it comes to cooking, we wrote the book—and then some! Our wide variety of cookbooks cover just about every culinary niche, from brunch and breads to butchery and braising. In these hands-on classes, you'll chop and cook and bake from our pages and then take the book home to do it all again in your own kitchen.

NEW! ARTISAN BREADS AT HOME

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Feb. 27 or Apr. 17; 9:30 a.m.–2:30 p.m., \$250

Making artisan bread at home is now within your reach. With the right tools, techniques, and ingredients, you'll find it's much easier than you might think. In this hands-on class, we'll uncover the mysteries of artisan bread baking and show you how to prepare a perfect loaf in your kitchen. We'll discuss flours and yeast products, preferred equipment, and professional techniques, including proper mixing methods, gluten development, and the 12 steps of bread making. You will then get the chance to get down to business, preparing and sampling a variety of delicious breads.

As a participant in this class, you will receive a CIA logo apron and a copy of *Artisan Breads at Home* to take back to your own kitchen.

BAKING AT HOME—THE DESSERTS

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Feb. 13 or Apr. 10; 9:30 a.m.–2:30 p.m., \$250

TX May 15; 9:30 a.m.–2:30 p.m., \$250

Impress your family and friends with the delectable desserts featured in Baking at Home. During this class, you'll learn fundamental techniques and simple recipes for preparing a selection of irresistible favorites. Through chef demonstrations, informative lectures, and kitchen production, you'll discover how easy it can be to create impressive, professional-quality desserts in your own kitchen. Improve your baking skills today and astonish your loved ones tomorrow!

As a student in this class, you will receive a CIA logo apron and a copy of *Baking at Home with The Culinary Institute of America* to take home.

Parent and Teen Day— April 17

Spend time together with your teen in our kitchens and bakeshops, nurturing a budding interest in culinary arts or just plain having fun. All of our April 17 Taste of CIA Cookbook classes are devoted to parents and teens, so you'll be in great company. Reserve your spots now—these classes are sure to fill up fast! Teens participating in these classes must be at least 12 years old.

BEHIND THE MEAT COUNTER

NY Mar. 13, Mar. 20, Apr. 10, May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$325*

CA Feb. 27; 9:30 a.m.–2:30 p.m., \$325*

Whether shopping at the farmers' market or the discount wholesale store, purchasing large cuts of meat and portioning them at home can really save you money. Get a comprehensive lesson in meat butchery in this hands-on course taught by CIA chef-instructor and professional butcher Thomas Schneller. Using techniques found in Chef Schneller's new book, you will learn a variety of meat-cutting skills, including frenching a rack of lamb, dividing a pork loin into chops and roasts, cutting individual sirloin steaks, preparing fresh ground beef, and fabricating chicken into smaller portions. You'll also cover proper knife handling, knot tying, hand saw skills, storage and food safety tips, and how to assess meats for quality. Knives and tools will be provided in class.

As a participant in this class, you will receive a copy of *Kitchen Pro Series: Guide to Meat Identification, Fabrication, and Utilization*, along with a CIA logo apron to take home.

Please note that all meats will be available for you to take home. Portions will be vacuum packaged using the CIA's industry-style vacuum system. Ice packs will be provided for travel. **Please bring a medium-size cooler for transport. A cooler is required.**

*Cost of this course includes \$250 for tuition and \$75 for meat items fabricated in class.

BISTROS AND BRASSERIES

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA May 8; 9:30 a.m.–2:30 p.m., \$250

TX Mar. 20; 9:30 a.m.–2:30 p.m., \$250

Bistro and brasserie cuisine is essentially casual food; seasonal and regional favorites that have evolved over many generations with necessity as their driving force. These dishes are not only about sustenance but also comfort—food that makes you feel like you're sitting beside a warm fire on a chilly January day. In this course, you'll prepare simple yet delicious bistro classics such as beef stew with red wine, a creamy leek and cheese tart, and chocolate mousse. You'll also enjoy chef demonstrations of omelets, crêpes, and sandwiches such as the croque monsieur, all from the pages of the CIA's *Bistros and Brasseries*.

As a student in this class, you will receive a CIA logo apron and a copy of *Bistros and Brasseries* to take home.

BREAKFASTS & BRUNCHES

NY Apr. 10, Apr. 17 (Parent/Teen), May 15, or May 22; 9:30 a.m.–2:30 p.m., \$250

CA May 22; 9:30 a.m.–2:30 p.m., \$250

Breakfasts and brunches can be as simple or elaborate as your time and appetite dictate. All you need are fresh ingredients, a few culinary techniques, and some hungry guests. In this class, you'll learn the ins and outs of breakfast breads and egg cookery and be introduced to a wide range of easy recipes from the CIA *Breakfasts & Brunches* cookbook. You'll also find out how to prepare everything from classic favorites such as buttermilk pancakes to sumptuous brunch fare like eggs Benedict.

As a participant in this class, you will receive a copy of our *Breakfasts & Brunches* cookbook, along with a CIA logo apron to take home.

"I must admit I was a little nervous at the beginning, but I had an absolute blast. I learned a lot, the chef and his assistants were so helpful, and I had so much fun preparing the dishes. I can't wait to do another class."

—Karla Davis, San Antonio, TX



CAKE DECORATING

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Mar. 27; 9:30 a.m.–2:30 p.m., \$250

Cake decorating is much more than piping out "Happy Birthday" on top of your creation—it's a real art! In this enjoyable class, you'll learn the secrets of the decorating process, from assembling the cake to adding the finishing touches. You'll start with simple step-by-step lessons in cutting, filling, and icing, and finish by making your very own cake creation. Along the way, you'll learn how to prepare icing, use food coloring, and make basic leaves, flowers, and borders. By the end of class, you will have covered everything you need to know to create unique cakes for all your special occasions.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Cake Art* cookbook to take home.

NEW! CHOCOLATES AND CONFECTIONS AT HOME

NY Mar. 13, Apr. 17 (Parent/Teen), May 15, or May 22; 9:30 a.m.–2:30 p.m., \$250

Ah, chocolate! Everyone loves it, and some even claim to be addicted to it. And who can blame them? In this hands-on class designed especially for chocoholics, you'll learn how to prepare impressive and incredibly delicious chocolates at home. Whether your weakness is white, milk, or dark chocolate, you will prepare a selection of confections using the finest ingredients. You'll also discuss equipment information, packaging and storage practices, and important tips for chocolate-making success. At the end of class, you'll sample your handmade creations and take home the rest to share with family and friends.

As a participant in this class, you will receive a CIA logo apron and a copy of *Chocolates at Home* to take back to your own kitchen.

CIA FAVORITES

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Feb. 13 or Apr. 10; 9:30 a.m.–2:30 p.m., \$250

TX June 12; 9:30 a.m.–2:30 p.m., \$250

Sample some of the CIA's all-time favorite recipes in this class, which features dishes straight from the pages of *The Culinary Institute of America Cookbook*. From savory starters and hearty entrées to decadent desserts, you'll explore it all. Through chef demonstrations and kitchen production, you'll learn a variety of cooking skills and helpful tips and discuss basic cooking methods, ingredient selection, and plating techniques. Prepare to take a deeper look into the fundamentals of cooking as you taste some of our most popular creations.

As a participant in this class, you will receive a CIA logo apron and a copy of *The Culinary Institute of America Cookbook* to take home.

COOKING AT HOME

CA Apr. 17; 9:30 a.m.–2:30 p.m., \$250

In search of delicious recipes that offer everyday ease in the kitchen? If you're new to cooking or interested in building your culinary skills, this is the class for you. From menu planning to ingredient selection to kitchen organization, you'll learn all the fundamental techniques needed to breeze through meal preparation with speed and confidence. You'll also enjoy chef demonstrations that guide you through a variety of cooking methods as you create simple, everyday meals.

As a participant in this class, you receive a copy of *Cooking at Home with The Culinary Institute of America*, along with a CIA logo apron to take home.

But Wait... There's More!

Check our Web site for the very latest. Our Taste of CIA Cookbook classes are so popular that we often add more dates as well as **new** courses. Visit www.ciachef.edu/enthusiasts/weekends/taste.asp

THE FLAVORS OF ASIA

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Apr. 10; 9:30 a.m.–2:30 p.m., \$250

TX Feb. 20; 9:30 a.m.–2:30 p.m., \$250

Discover the treasures of the Asian kitchen. The styles, culinary traditions, and flavors that encompass Asian cuisine are as vast as the continent itself. In this one-day exploration of the intricacies of Asian cookery, you'll learn about the cuisines of Vietnam, Thailand, China, Japan, Korea, and India. You'll discover intriguing new ingredients and techniques unique to the Eastern world, and also learn how to incorporate everyday food items into your Asian-inspired dishes. Then, using the cooking methods, ingredients, and flavor profiles discussed in class, you'll prepare a variety of authentic Asian dishes.

As a participant in this class, you will receive a CIA logo apron and a copy of the *CIA Flavors of Asia* cookbook to take home.

GLUTEN-FREE BAKING

NY Mar. 13, Apr. 10, May 15, or June 5; 9:30 a.m.–2:30 p.m., \$250

CA May 8; 9:30 a.m.–2:30 p.m., \$250

If you or someone you know has been dreaming of fresh-baked, gluten-free treats that don't sacrifice flavor or texture, we've got good news. Thanks to the CIA, you can enjoy delicious favorites such as yeast-raised breads and pastries, cookies, brownies, cakes, pies, quiche, and pizza. In this hands-on course, you'll discover how to create sweet and savory recipes straight from the pages of *Gluten-Free Baking*. You will discuss and use unique gluten-free flour blends, learn tips for working with and storing gluten-free baked goods, and practice comprehensive, easy-to-master baking techniques.

As a participant in this class, you'll receive a copy of *Gluten-Free Baking* and a CIA logo apron to take home.

Please note that the emphasis of this class is gluten-free baking; other dietary needs will not be addressed.

GOURMET MEALS IN MINUTES

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

With today's hectic pace, there doesn't seem to be enough time to prepare creative and flavorful meals. But it is possible. Inspired by the CIA *Gourmet Meals in Minutes* cookbook, this course focuses on culinary foundation techniques that will help enhance your kitchen knowledge, hone your skills, and increase your speed and efficiency. You'll learn to prepare a variety of foolproof recipes that save precious minutes at mealtime without sacrificing flavor. Forget takeout—get ready to cook at home!

As a participant in this class, you will receive a CIA logo apron and a copy of The Culinary Institute of America's *Gourmet Meals in Minutes* to take home.

GRILLING

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA May 22; 9:30 a.m.–2:30 p.m., \$250

Grilling isn't just for steaks and burgers—this popular cooking technique can be used to produce a variety of foods with exotic flavors. Focusing on the lessons and recipes from the CIA *Grilling* cookbook, you'll learn the tips and tricks for preparing nearly any food on the grill. From zesty appetizers to mouth-watering entrées to luscious desserts, there's no limit to what you can prepare over the flame. Join us for this introductory class and we'll satisfy your passion for outdoor grilling and culinary adventure.

Participants in this class will receive a CIA logo apron and a copy of The Culinary Institute of America's *Grilling* cookbook to take home.

"A wonderful day! I took Spain and the World Table, and it was fun to use ingredients and recipes native to the Mediterranean diet. The instructor was knowledgeable and kind, and the assistants helpful to us novice chefs."

—Carol Pelzner, New Canaan, CT



THE ITALIAN TABLE

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Feb. 13 or May 22; 9:30 a.m.–2:30 p.m., \$250

TX Apr. 10; 9:30 a.m.–2:30 p.m., \$250

Satisfy your craving for true Italian cuisine. In this hands-on class, you'll embark on an exploration of traditional Italian home cooking inspired by The Culinary Institute of America's new release, *A Tavola!* Emphasizing seasonal foods, handcrafted ingredients, and the flavors and textures of a perfectly cooked meal, these delicious age-old classics—from antipasti to stews, braises, and simple pasta dishes—will help you uncover the secrets of authentic Italian cooking.

As a participant in this class, you will receive a CIA logo apron and a copy of *A Tavola!* to take home.

ONE DISH MEALS

CA Mar. 27 or May 8; 9:30 a.m.–2:30 p.m., \$250

What could be more simple and convenient than preparing a one dish meal? Whether it's a fresh, crispy salad on a hot summer day or a hearty baked casserole served in the middle of winter, one dish meals fit the bill. In this hands-on class, you will discover easy-to-master cooking techniques and flavorful recipes for an exciting assortment of delicious, everyday selections. From slow-cooked braises to simple pasta dishes that can be assembled in minutes, you're sure to enjoy the globally inspired cuisine featured in this class.

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA's *One Dish Meals* to take home.

SHARPENING YOUR KNIFE SKILLS

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

TX Jan. 16; 9:30 a.m.–2:30 p.m., \$250

Professional chefs agree...the number one tool in the kitchen is a quality knife. And since knives provide the foundation for good food, it's essential for every cook to understand how to get the most from this indispensable implement. In this all-important class, you'll learn all about knife selection, maintenance, and usage. You'll also discuss and practice proper knife care, knife handling and safety, and knife cuts. From creating a dice to producing a chiffonade, you'll gain the skills you need to take your cooking to the next level.

As a participant in this class, you will receive a copy of the CIA textbook *In the Hands of a Chef*, along with a CIA logo apron to take home.

SOUPS

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Mar. 27; 9:30 a.m.–2:30 p.m., \$250

What could be more comforting than a bowl of homemade soup? Whether it's a clear broth, creamy purée, chunky gumbo, or rib-sticking chowder, there's a soup to suit every season and nearly every occasion. Plus, soup preparation provides essential culinary lessons, from flavor development to seasoning. In this class, you'll learn the fundamental techniques and characteristics of various soup categories as you prepare a selection of satisfying bowls based on a variety of meats, legumes, and seasonal vegetables. By the end of the day, you'll realize just how versatile soups can be!

As a participant in this class, you will receive a CIA logo apron and a copy of The Culinary Institute of America's *Book of Soups* to take home.



SPAIN AND THE WORLD TABLE

NY Mar. 13, Mar. 20, Apr. 10, Apr. 17 (Parent/Teen), May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$250

CA Apr. 17; 9:30 a.m.–2:30 p.m., \$250

Experience one of Spain's greatest culinary inventions—tapas! These incredibly satisfying small bites have become popular throughout the world, and now you can discover for yourself why they're all the rage. In this hands-on course, you'll explore the excitement, passion, and innovation of Spanish cooking and gain the culinary know-how and appetizing recipes to make tapas any time you have the urge. From simple finger foods to complex, hearty dishes, get ready to fall in love with Spain's "little plates."

As a participant in this class, you will receive a CIA logo apron and a copy of the CIA *Spain and the World Table* cookbook to take home.

UNDER THE SEA

NY Mar. 13, Mar. 20, Apr. 10, May 15, May 22, June 5, or June 12; 9:30 a.m.–2:30 p.m., \$325*

CA Feb. 27; 9:30 a.m.–2:30 p.m., \$325*

Versatile, flavorful, healthy, and fast-cooking, seafood is the perfect centerpiece of any meal. It's also deceptively simple to prepare, making it an ideal ingredient for cooks at all levels of experience. In this hands-on class, Chef Mark Ainsworth will share invaluable tips about selecting seafood and preparing delicious dishes at home from his new book. You'll explore topics such as freshness indicators, handling and storage, fabrication techniques, appropriate cooking methods, sustainability, and nutrition. And using the information discussed in class as your guide, you will then prepare a variety of "local" shellfish and finfish.

As a participant in this class, you will receive a CIA logo apron and a copy of *Kitchen Pro Series: Guide to Fish and Seafood Identification, Fabrication, and Utilization* to take home.

Please note that all fish and seafood items fabricated in class will be available for you to take home. Portions will be vacuum packaged using the CIA's industry-style vacuum system. Ice packs will be provided for travel. **Please bring a medium-size cooler for transport. A cooler is required.**

*Cost of this course includes \$250 for tuition and \$75 for fish and seafood items fabricated in class.



Veronica Arcoraci

Ever wonder how your favorite new foodie courses get developed at the CIA? Meet Curriculum Manager Veronica Arcoraci, who has been designing and developing programs and course content at the CIA for food enthusiasts, culinary professionals, and industry clients since 2004. Ms. Arcoraci is also a recipe tester for the college, and has taught several food enthusiast courses. A former caterer and line cook, she holds an M.A. in food studies from New York University and a B.S. in culinary arts from Nicholls State University in Thibodaux, LA.

What elements should a culinary class include to make it both effective and fun?

When designing classes, my assistant and I try to think of what we would like to experience if we were to take the class. Finding the right balance is key. Some food enthusiasts really enjoy watching a lot of demos, while others prefer hands-on learning and would rather dive right into the production segment. For multi-day classes, we also try to balance the menus so that each team has the opportunity to work with a variety of ingredients and equipment in the kitchen to ensure a fulfilling experience.

What drew you to the culinary arts?

My first word—literally—was “food.” I have always gravitated toward it in some facet—eating it, cooking it, reading about it, watching it... So many of my memories revolve around food that it’s basically how I keep a timeline of my life. When I travel, my adventures always involve food. I love to listen to other people share their backgrounds, exploits, and memories as well. People are so passionate about their food experiences that it’s easy to live vicariously!

If you were to plan a party, what would be on the menu?

I love small plates and bites, so hors d’oeuvre and cocktail foods are definite winners. They’re such a great way to experience new flavors and cuisines because you’re not committing yourself to an entire meal. Visually, I find that these foods also tend to be more colorful, fun, and contemporary because they lend well to creativity. And they’re fun to serve because they encourage socializing.

What is the key to keeping CIA class curricula fresh?

I look for inspiration everywhere. Whether I’m in the supermarket or at the bookstore, I am always checking out new products, magazine articles, etc., to stay on top of culinary trends and advancements. In addition to our work with food enthusiasts and culinary professionals, we also develop many programs to meet industry needs. The insights we gain in these programs help us stay ahead of the curve.

How have world flavors helped shape the menus for the food enthusiast classes?

Markets today are full of ingredients consumers couldn’t even dream of before. And every day, new items continue to enter the market. I think the study of global flavors will always be a huge trend—the only thing that will change is which cuisines are most in vogue. In the 1970s, Americans experienced the French paradigm. In the ’80s, we shifted focus and had an American food revolution. Today, we have again shifted—this time focusing outward, with our insatiable appetite for world cuisines. We’re looking to the flavor profiles of these “it” nations to help inspire creativity in our recipes and design exciting new menus we hope our enthusiasts will enjoy preparing at home.



Ginger-Sesame Stir-fried Scallops *with* Lo Mein Noodles

MAKES 8 SERVINGS

- 1 POUND SEA SCALLOPS
- 5 TABLESPOONS PEANUT OIL, DIVIDED USE
- 1 TABLESPOON RICE WINE VINEGAR
- 1 TABLESPOON SOY OR TAMARI SAUCE
- 1 TABLESPOON MINCED GINGER
- 1 TABLESPOON DARK SESAME OIL
- 1 TABLESPOON FERMENTED BLACK BEANS, OPTIONAL
- 2 TEASPOONS MINCED GARLIC
- 1 TEASPOON HONEY
- 1 TEASPOON LEMON JUICE
- ½ TEASPOON SALT, OR TO TASTE
- ¼ TEASPOON GROUND BLACK PEPPER, OR TO TASTE
- 1½ CUPS FINE JULIENNE CARROTS
- 2 CUPS SLICED SHIITAKE MUSHROOM CAPS
- 4 CUPS FINELY SLICED BOK CHOY OR SAVOY CABBAGE
- 2 PACKAGES LO MEIN NOODLES
- ½ CUP THINLY SLICED SCALLIONS, CUT ON THE BIAS
- 2 TABLESPOONS TOASTED SESAME SEEDS

Want to learn more delicious recipes and cooking techniques from the CIA kitchens? Join us for **Asian Cuisine Boot Camp** (page 15) and **CIA Favorites** (Taste of CIA Cookbooks; page 31).

March *Recipe*

In recognition of “National Noodle Month,” we’re serving up an Asian-inspired dish featuring plump sea scallops. The sweetness of the scallops provides a perfect foil for the pungent marinade in this flavorful stir-fry. If you prefer, other varieties of seafood work well, too: shrimp (peeled and deveined first), swordfish cut into chunks, or monkfish cut into rounds.

Pull the muscle tabs from the scallops. Blot the scallops dry and set aside.

Combine 3 tablespoons of the peanut oil, rice vinegar, soy sauce, ginger, sesame oil, fermented beans (if using), garlic, honey, lemon juice, salt, and pepper in a bowl and whisk until blended. Add the scallops and toss until evenly coated. Cover and marinate in the refrigerator at least 2 and up to 24 hours.

Bring a large pot of salted water to a rolling boil while you stir-fry the vegetables. Heat a large wok or sauté pan over high heat. Add the remaining 2 tablespoons peanut oil. When the oil is very hot, add the carrots and mushrooms and stir-fry for 1 minute. Add the cabbage and stir-fry until the cabbage is wilted, 3 to 4 minutes.

Add the scallops and their marinade to the vegetable mixture and stir-fry until the scallops are opaque and just cooked through, 3 to 4 minutes.

Add the lo mein noodles to the boiling water at the same time that you add the scallops to the wok. Stir once or twice with a fork or chopsticks to separate the strands. Boil the noodles until they are fully cooked and tender, about 3 minutes. Drain in a colander and keep hot.

To serve, place the noodles on a heated platter or individual plates and top with the scallops and vegetables. Sprinkle with scallions and toasted sesame seeds.

SOURCE: *The Culinary Institute of America Cookbook*

CIA Samplings

Just as the title suggests, in these courses you'll get a sampling of the CIA education experience. Through demonstrations, tastings, and some hands-on cooking, you'll expand your knowledge, explore new flavor profiles, and watch two hours fly by in the CIA kitchens.

GLORIOUS FOODS OF GREECE

CA Feb. 6, Feb. 13, or Feb. 27; 8:30–10:30 a.m., 11:30 a.m.–1:30 p.m., or 2:30–4:30 p.m., \$95

Perhaps the most important thing to know about Greek food is that eating out and sharing the meal is as important as the food itself. While the main ingredients of Greek cooking are basic and few—olive oil, honey, yogurt, fresh fruits and vegetables, lamb, and fish—the manner in which they are prepared is virtually endless. Join us and discover the wide variety of delicious and healthy Greek dishes. From recipes showcasing meat and seafood to vegetarian delights, you are sure to enjoy the pleasures of the Greek table.

HOT LATIN COOKING

CA Mar. 13 or Mar. 27; 8:30–10:30 a.m., 11:30 a.m.–1:30 p.m., or 2:30–4:30 p.m., \$95

This is the class is for you if you've vacationed in Latin America and want to recreate its lively salsas and dishes...you trace your roots back to the region and yearn for long-remembered treats...or simply want to know how to prepare Latin dishes at home. Cuban salsas, various rice and bean concoctions, and Brazilian cazuelas are just a few of the dishes from our Southern neighbors that you may explore in this class.

"We couldn't have asked for a better treat. The class and instructors were an absolute joy. We've already made three of the dishes we learned in the class—and signed up for another date."

—Sean Brusky and Amanda Hollis-Brusky, San Francisco, CA



RUSTIC ITALIAN FLAVORS

CA Apr. 10 or Apr. 17; 8:30–10:30 a.m., 11:30 a.m.–1:30 p.m., or 2:30–4:30 p.m., \$95

Join us to explore classic Italian fare from one end of the "boot" to the other. In this class, you'll create small plates inspired by the Italian peninsula's long stretch of Mediterranean coastline, mountain forests, and country gardens. Using the distinctly different cooking techniques found in the various regions of Italy, you'll prepare such delicacies as calamari, gnocchi, peperonata, and biscotti bites.

TASTES OF THE NAPA VALLEY

CA May 1, May 8, May 22, or May 29; 8:30–10:30 a.m., 11:30 a.m.–1:30 p.m., or 2:30–4:30 p.m., \$95

Born of the flavors of wine, the small bites of the Napa Valley speak of sun-soaked days and sensual flavors from local farms and regional food producers. Using stellar ingredients and keeping things simple is the mantra of seasonal cooking, and in this class, you'll discover ways to bring a little bit of wine country to your next casual gathering of friends and family.

This class will feature recipes and wine pairing suggestions from the soon-to-be-released *Seasons in the Wine Country: A Year at CIA Greystone*.



April *Recipe*

Looking to try something new this Easter holiday or simply to celebrate the arrival of spring? Liven up your menu with this unique Spanish dish showcasing fresh spring lamb. Your guests will enjoy the accompanying zesty salsa and crisp fennel salad.

Grilled Lamb Chops with Salsa de Pasitas Rojas and Fennel Salad

MAKES 8 SERVINGS

FOR THE SALSA DE PASITAS ROJAS

- 1 CUP (ABOUT 24) GARLIC CLOVES, PEELED
- ½ CUP SLICED ALMONDS
- ½ CUP RAISINS
- ¼ CUP IMPORTED BLACK OLIVES, PITTED
- 2 PASILLA OR ANCHO CHILES, SEEDED
- ¼ CUP LEMON ZEST
- 1 CUP EXTRA VIRGIN OLIVE OIL
- 2 WHITE ANCHOVIES
- ⅔ CUP CHICKEN BROTH
- 4 TEASPOONS BALSAMIC VINEGAR
- 2 TEASPOONS SALT

FOR THE FENNEL SALAD AND LAMB CHOPS

- 4 LARGE FENNEL BULBS, GREEN TOPS REMOVED
- ½ CUP BLACK OLIVES, PITTED AND SLIVERED
- ½ CUP PLUS 3 TABLESPOONS EXTRA VIRGIN OLIVE OIL, DIVIDED USE
- 4 TEASPOONS LEMON JUICE
- SALT, AS NEEDED
- FRESHLY GROUND BLACK PEPPER, AS NEEDED
- SIXTEEN 1-INCH-THICK LAMB LOIN CHOPS (ABOUT 7 POUNDS 10 OUNCES)
- 1 TEASPOON SALT
- ¼ TEASPOON FRESHLY GROUND BLACK PEPPER

Make the salsa. Combine the garlic cloves, almonds, raisins, olives, chiles, lemon zest, and oil in a large sauté pan. Heat over medium heat until the ingredients begin to fry lightly, 3 to 5 minutes. Cook until the garlic cloves are lightly browned and have softened, and the raisins begin to puff, about 10 minutes. Add the white anchovies. Remove from the heat and allow the mixture to cool to room temperature.

Transfer the cooked mixture with the oil to a food processor. Process until nearly smooth, about 1 minute. With the food processor running, pour the chicken broth, vinegar, and salt into the ground mixture and process until nearly smooth, about 1 minute. Adjust seasoning and refrigerate. This should make 2 cups.

Prepare the grill. Preheat a charcoal grill to medium-high heat, or build a fire with coals and let it burn down until the coals are glowing red with a thin coating of white ash. Spread the coals out in a single layer.

Make the fennel salad while you wait for the grill or coals to heat up. Cut the fennel bulbs in quarters lengthwise. Slice the thick core off of each bulb. Remove any tough outer leaves. Slice the bulbs vertically into ¼-inch shards. In a medium bowl, mix the black olives, ¼ cup of the oil, and the lemon juice. Add a pinch each of salt and pepper. Add the fennel shards and toss to coat lightly.

Cook the lamb chops. Rub the lamb chops with the remaining oil and season with the salt and pepper. Grill until medium rare, about 5 minutes per side. Arrange two grilled lamb chops on each dinner plate. Add ½ to ⅔ cup of fennel salad. Spoon 2 rounded teaspoons of salsa over each lamb chop, then drizzle 1 teaspoon of oil over each plate. Serve extra salsa in a bowl and place on the table for people to help themselves.

SOURCE: The CIA *Spain and the World Table* cookbook

Join us for **Mediterranean Boot Camp** (page 21) and **Spain and the World Table** (Taste of CIA Cookbooks; page 33) to learn more Spanish-inspired recipes and cooking techniques.

Wine Explorations

Wine doesn't have to be intimidating. After spending just two hours enjoying discussions and tastings with the wine experts at the CIA, you'll have new insights into the fascinating world of wine and feel confident on your next trip to the restaurant or wine shop.

CABERNET SAUVIGNON AROUND THE WORLD

CA Feb. 27; 10 a.m.–noon, \$95

Many wine lovers consider Cabernet Sauvignon to be the king of the wine world, and perhaps rightly so. In this class, you'll explore the wide variety of flavors and personalities of Cabernets produced around the globe. From California's Napa Valley to the Bordeaux region of France and beyond, you'll discover why this wine has earned its first-rate reputation.

NEW! CHARDONNAY AROUND THE WORLD

CA Apr. 17; 10 a.m.–noon, \$95

Chardonnay may very well be the most popular wine in the world. Simply pull the cork to find a buttery, rich elixir or a zesty, crisp thirst-quencher. In this two-hour lecture, we will take a taste tour around the world and discover why this adaptable variety is often referred to as a "winemaker's grape."

NEW! RIESLING AROUND THE WORLD

CA May 22; 10 a.m.–noon, \$95

Riesling is hot! Surging in popularity among wine lovers and food enthusiasts around the world, Riesling is considered by some to be the most noble of all wines. It is also possibly the most misunderstood due to its sheer versatility and many guises. From Germany to Oregon to Australia and beyond, we'll taste and unravel the mysterious, wonderful world of Riesling.

SPARKLING WINE DISCOVERY

CA Feb. 13; 10 a.m.–noon, \$95

Around here, "bubbles" is wine-speak for sparkling wine. Do you know which sparklers you'll be raising in a toast this holiday season? Champagne, Prosecco, Cava, Crémant...they all have two things in common: they sparkle and they're delicious! Join us for an interactive sparkling wine presentation and blind tasting challenge. You'll discover your preferences in variety and style of the "bubbles" of the world, and get into the holiday spirit at the same time.

TASTING WINE LIKE A PRO

CA Jan. 16, Apr. 10, or May 8; 10 a.m.–noon, \$95

Learn firsthand how a professional wine critic, judge, buyer, or winemaker approaches a glass of wine. During this class, you'll learn efficient and thorough tasting techniques, important points to note, common descriptors for major grape varieties, and industry-accepted principles that determine quality in wine. In no time flat, you'll be tasting wine like a pro!

A Class That's the *Perfect* Match

A JOURNEY INTO SENSORY AWARENESS: FOOD AND WINE PAIRING

CA Jan. 24, Feb. 14, Mar. 14, or May 16; 3:30–6 p.m., \$95

Spend an afternoon exploring and refining your culinary sensory awareness. During this class, Chef John Ash will review the dynamics of how we taste and then dive into an exploration of how food and wine interact with each other. You'll come away with some basic templates to help you put food and wine together. You'll also have a much better understanding of how to make positive matches happen, whether you're dining at a restaurant or in your own home.





May *Recipe*

Eggs Benedict is the quintessential brunch dish, perfect for this year's Mother's Day celebration. The impressive layers of creamy hollandaise sauce, savory Canadian bacon, tender poached eggs, and toasted English muffins are sure to bring a smile to Mom's face. Although making eggs Benedict can be time consuming, you can prepare the poached eggs and hollandaise sauce in advance to make the process far less daunting.

Eggs Benedict

MAKES 8 SERVINGS

- 2 CUPS HOLLANDAISE SAUCE, WARM
(RECIPE FOLLOWS)
- 16 POACHED EGGS (RECIPE FOLLOWS)
- 8 ENGLISH MUFFINS, SPLIT, TOASTED,
AND BUTTERED
- 16 SLICES CANADIAN BACON

FOR THE HOLLANDAISE SAUCE

- $\frac{1}{2}$ TEASPOON PEPPERCORNS, CRACKED
- $\frac{1}{4}$ CUP WHITE-WINE VINEGAR OR
CIDER VINEGAR
- $\frac{1}{4}$ WATER, OR AS NEEDED
- 4 EGG YOLKS, FRESH OR PASTEURIZED
- $1\frac{1}{2}$ CUPS BUTTER, MELTED OR CLARIFIED,
WARM
- 2 TEASPOONS LEMON JUICE, OR AS NEEDED
- 2 TEASPOONS SALT, OR AS NEEDED
- 1 PINCH GROUND WHITE PEPPER
- 1 PINCH CAYENNE, OPTIONAL

FOR THE POACHED EGGS

- 3 QUARTS WATER
- 2 TEASPOONS SALT
- 4 TEASPOONS DISTILLED WHITE VINEGAR
- 16 EGGS

Start your weekend off right with our Saturday **Breakfasts & Brunches** class (Taste of CIA Cookbooks) and prepare more delicious morning concoctions. See page 30 for all the details.

Prepare the hollandaise sauce. Combine the peppercorns and vinegar in a small pan and reduce over medium heat until nearly dry, about 5 minutes. Add the water to the vinegar reduction. Strain this liquid into a stainless-steel bowl.

Add the egg yolks to the vinegar reduction and set the bowl over a pot of simmering water. Whisking constantly, cook the mixture until the yolks triple in volume and fall in ribbons from the whisk. Remove the bowl from the simmering water and set it on a clean kitchen towel to keep the bowl stationary.

Gradually ladle the warm butter into the egg mixture, whisking constantly. As the butter is blended into the yolks, the sauce will thicken. If it becomes too thick and the butter is not blending in easily, add a little water or lemon juice to thin the egg mixture enough to whisk in the remaining butter. Season the hollandaise with lemon juice, salt, pepper, and cayenne if desired.

The sauce is ready to serve at this point, or it may be finished as desired. The sauce should be held warm over a hot water bath or it can be held sealed in a thermos.

Prepare the poached eggs. Combine the water, salt, and vinegar in a deep pan and bring to a bare simmer.

Break each egg into a clean cup, reserving any with broken yolks for another use.

Carefully slide each egg into the poaching water. Cook for about 3 minutes or until the whites are set and opaque.

Remove the eggs from the water with a slotted spoon, blot them on absorbent toweling, and trim the edges if desired. The eggs are ready to serve now, or they may be properly chilled and held for later service.

Assemble the eggs Benedict. Heat a sauté pan over medium-low heat. Add the Canadian bacon, working in batches, and sauté on both sides until heated through, about 1 to 2 minutes on each side.

If eggs have been poached in advance, reheat them in simmering water until warmed through. Blot on toweling and shape if necessary.

Top each English muffin half with a Canadian bacon slice and a poached egg. Spoon 2 tablespoons of warm hollandaise over each egg. Serve immediately.

SOURCE: The CIA *Breakfasts & Brunches* cookbook

Epicurean Adventures in the Napa Valley



Awaken your senses. Indulge your passion for food and wine with the Napa Valley's legendary vineyards, farms, and chefs as your inspiration.

Our exclusive CIA Sophisticated Palate™ programs were designed by Chef John Ash and CIA faculty for people like you—connoisseurs with an appreciation for fine living and a desire to expand their horizons.

You'll learn to prepare bold cuisines and explore the subtleties of food and wine pairing. You'll stretch your cooking skills, grow your understanding of flavor, and enjoy the camaraderie of fellow food aficionados in a region that's home to a vibrant community of chefs and bursting with fresh, flavorful ingredients.

From hands-on cooking instruction and exhilarating discussions to visits with local purveyors and the shared pleasures of the table, CIA Sophisticated Palate is an unforgettable experience.



FOODS AND FLAVORS FROM THE CALIFORNIA HARVEST

CA Mar. 26; 8 a.m.–3:30 p.m., \$495

Napa and Sonoma are the “poster children” for the good life in California. While very different from each other, together these two counties epitomize what living—and eating—in Northern California is all about.

In this one-day program, you will:

- Prepare contemporary dishes that exemplify current culinary trends in Northern California.
- Focus on local products and producers that have helped define the cooking of this region.
- Discover and enjoy special wines of the area and learn a bit about how to pair them with food.
- Discuss Northern California’s commitment to sustainability and how you can incorporate these principles into your cooking.

LIVE-FIRE COOKING

CA May 27–28; 8 a.m.–9 p.m., \$1,995

There is something about cooking with fire that kindles an ancient and primal stirring in many of us. In this two-day program, you’ll cram in as many fire-based cooking experiences as possible. You will also:

- Use the grill (both gas-fired and charcoal), the Green Egg, La Caja China, and whatever other tools we can employ to explore the possibilities of fire cooking.
- Discuss and use a variety of flavor-producing techniques associated with cooking with fire, such as smoking, rubs and mops, plank roasting, and more.
- Learn secrets of cooking with fire firsthand from our guest “pit master” (a.k.a., BBQ expert).
- Experience the beverages that are appropriate and match best with live-fire cooking.

A TASTE OF NORTHERN CALIFORNIA

CA Feb. 11–12; 8 a.m.–9 p.m., \$1,995

Over two days, you’ll have the chance to intimately explore the now-legendary foods and wines of California’s Wine Country:

- Utilize the bounty of California’s ingredients, including the produce, cheeses, meats, and seafood that have helped define “California cuisine.”
- Prepare signature dishes using a variety of cooking techniques, including grilling, slow roasting, braising, and more.
- Study in depth some of the special wines from California that have helped shape the region’s cuisine.
- Learn more about the fundamentals of food and wine pairing.
- Visit artisan purveyors and wineries to gain a deeper insight into the special people who help make California such a beloved culinary destination.

Please note that course time covers the full program: morning hands-on sessions and afternoon and evening excursions and activities.

NY Hyde Park, NY **CA** St. Helena, CA **TX** San Antonio, TX

www.ciachef.edu/enthusiasts

Just the Way *You Like It*

CREATE A CUSTOM SOPHISTICATED PALATE EXPERIENCE

If you’re looking for the perfect way to mark a milestone birthday, bring far-flung friends or family together, or build teamwork with colleagues, consider CIA Sophisticated Palate.

By advance arrangement, we can create a custom program for your private group of 6 to 12 guests tailored to fit your interests and skills—and your busy schedules.

You tell us the type of cuisine you’d like to explore, the topics you want to delve into, and every other ingredient of your fantasy epicurean getaway. We’ll create a custom program that gives you all the personal, hands-on kitchen instruction; invigorating discussions; and behind-the-scenes insights into the Napa Valley food and wine scene that CIA Sophisticated Palate is known for.

Call our hospitality and guest programs manager at 707-967-2328 today!

“What an amazing experience—to not only learn the nuances of both technique and the indigenous ingredients of a specific cuisine, but to do so in such a spectacular facility under the caring, hands-on tutelage of a world-renowned chef. Kudos to the CIA Sophisticated Palate program—I can’t wait to do it again!”

—Ron Bennett, Philadelphia, PA

PRICING AND CONFIRMATION

CIA Sophisticated Palate prices include all instruction and scheduled off-campus sessions, along with breakfasts, lunches, and selected dinners.

Once registered, you will receive a confirmation package in the mail. This package will include everything you need to know regarding your schedule of events and the Greystone campus.

GUEST SERVICES

Providing guests with exceptional hospitality comes as second nature to The Culinary Institute of America, so you can rest assured that every detail during your stay at Greystone will be attended to. Call on our guest services manager for assistance with just about anything you might need—whether you're looking for restaurant recommendations, directions, or interesting places to visit on your free time, we've got you covered.

REGISTER NOW—SPACE IS LIMITED

To give you the best, most in-depth experience possible, all CIA Sophisticated Palate classes are limited to just 12 participants. Reserve your spot today!

Tool Kit—CIA Sophisticated Palate

A knife kit is optional for the Sophisticated Palate programs. However, you may purchase one from the CIA Masters Collection® at a special price exclusively for CIA continuing education students. The kit includes:

- 8-inch Chef's Knife
- 3-inch Bird's Beak Parer
- Cutlery Drawer Storage
- 5-inch Cook's Knife
- Sharpening Steel
- 3½-inch Paring Knife
- 9-inch Bread Knife
- 5½-inch Utility Knife
- 7-inch Santoku Knife
- Black Knife Roll Bag

Retail Price: \$430

Your CIA Sophisticated Palate Price: \$387

To order, contact the CIA at Greystone's guest services manager at 707-967-2328 at least three weeks prior to your program date. You will receive your knife kit when you arrive.

John Ash: The Chef Behind the Program

CIA Sophisticated Palate is a one-of-a-kind learning experience, so naturally there's a truly unique chef at the center of it all—acclaimed restaurateur, educator, and author John Ash. Together with the CIA faculty and Chef Andrew Wild, he has conceived and delivered an innovative and inspiring program for culinary connoisseurs. Chef Ash's talent for sharing his longtime passion for food and wine led to his being named "Cooking Teacher of the Year" in 2008 by the International Association of Culinary Professionals.

Chef Ash first burst onto the national culinary scene in 1985, when he was named one of America's "Hot New Chefs" by *Food & Wine*. His

restaurant, John Ash & Company, has earned critical acclaim since opening in 1980. He also served as culinary director for Fetzer Vineyards, is a member of the CIA at Greystone's Professional Wine Studies faculty, and has a winery venture, Sauvignon Republic Cellars.



A SPECIAL OFFER FOR YOUR GUESTS

After the hands-on cooking portion of the day is complete, guests of CIA Sophisticated Palate attendees are welcome to join the group in such afternoon indulgences as:

- A gourmet lunch created by your travel companion
- Select off-campus excursions
- Dinner at the CIA's acclaimed Wine Spectator Greystone Restaurant (available only for the two-day program)

In addition, concierge services will be available to help guests make the most of their mornings in the Valley.

The cost for guest participation in the afternoon indulgences is \$250 for the one-day program and \$500 for the two-day program. Please call our customer service associates at 1-888-995-1699 for more information about this special opportunity.

Taster of Tuscany, Tailored to Perfection

What could possibly possess someone to forego a vacation in Italy? For Eileen Hillson's family, it was the opportunity to spend three days in the Napa Valley learning about the flavors of Tuscany with Chef John Ash. Working closely with the CIA's Patricia Landis, they created their own custom Sophisticated Palate program—Tastes of Tuscany in the Napa Valley—as a special way to mark a milestone birthday.

"For my birthday, I wanted to celebrate by being around the people I love the most and creating another memory with them," says the now 60-years-young Eileen. "Initially, we thought about hiking in Europe, but it was difficult to get that arranged while trying to accommodate everyone's work schedules. Sophisticated Palate was much easier, less expensive, and just as good an adventure."

Five family members met up at the CIA: Eileen and husband David Hillson, daughter Lisa Clifford, and son Sean Clifford and his wife Meredith. When David's kids, Beth (CIA '04) and Nathan, couldn't make it, close family friend Cary Hersh jumped at the chance to fill in. Several in the group—Eileen, David, Sean, and Meredith—were already seasoned SPers. "We took a one-day class last year and had an absolutely wonderful time," David says. "We got kind of hooked after that."

Up Close and Personal with John Ash

One of the things that drew them back was the experience of having Chef John Ash all to themselves. "We know he is a renowned chef and yet he was so approachable," says Eileen. "He has a very entertaining, patient teaching manner, with a way that you can absorb what he's sharing."

"You just want him to be your best friend," Meredith says. "He's down to earth, you can ask him any and every question, and he has such wonderful stories. Having him as an instructor is one of the major highlights of the program."

"As a first timer to the CIA and a novice chef, I was greatly appreciative of Chef Ash's flexibility and patience in working with our family, all of whom are at different levels of expertise," Lisa adds.



Exploring the Valley

When it was time to break away from the kitchen, the family was treated to private field trips to some of the Valley's best growers and purveyors. They visited the Poplar Hill Olive Oil Company, where they educated their palates with a tasting of a flight of olive oils. Another highlight was a trip to the St. Helena Farmer's Market, where Chef Ash encouraged everyone to select whatever ingredients appealed to them and adjust their recipes accordingly. And on one magical evening, they were picked up at their B&B and whisked away to the Castello di Amorosa castle and winery, where they learned about winemaking, sampled the handcrafted Italian-style wines, and enjoyed a fabulous meal.

Learning and Laughing—The Perfect Vacation

Whether off campus or in the Greystone kitchens, they were always learning. "I really got into the pairing of wine and food," David says. "On the last day, we made cheese—mozzarella and ricotta—and learned to pair it with wine. It was fascinating."

"I learned about plating a meal to make it look pretty, even architectural," Cary says. "I would stick everything in the middle of the plate, and John Ash would say 'you know, you could put a little of it on the sides.' And it made all the difference."

"The experience definitely improved my confidence," Meredith says. "It helped my motivation, too; it has inspired me to put something really yummy together on an average night." And Lisa echoes that feeling. "I now have an appreciation of cooking as more than simply replicating a recipe, but as an adventure in which you have fun exploring and creating new meals."

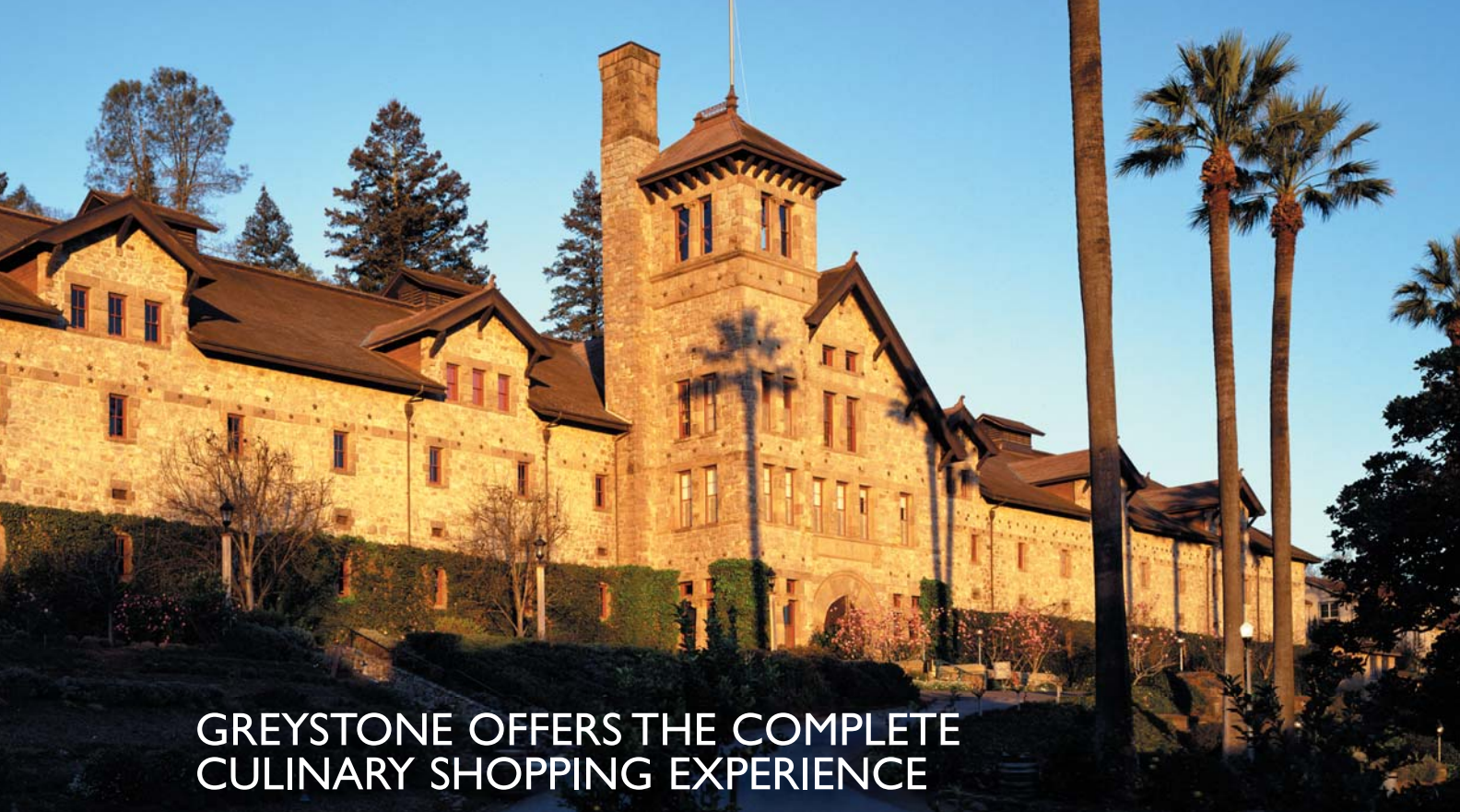
"It was great to come together as a family with food as the focal point," Sean says. "We will certainly have lasting memories of the experience."

"My favorite part is that everything we did, we did together," Eileen says. "We were able to laugh, to share tastes and sounds, and to learn skills together. And at the end, to discuss the day in beautiful surroundings. It was very special."

Cary summed it up for everyone: "It was really fabulous at every turn. I can't imagine a nicer vacation."

All the Essentials...and Then Some

The learning environment earned rave reviews as well. "I liked cooking in the professional kitchen," Cary says. "We had three uncrowded stations with huge stoves to work from. I've got a really good Viking stove at home, but this brought it to a whole new level." And while the abundance of fresh ingredients available in the Greystone teaching kitchen was reminiscent of a Tuscan market, the group discovered that not *everything* was there, and for good reason. "One of my recipes called for bay leaves, and I couldn't find any in the kitchen," David says. "John took me to the window and said, 'Do you see those trees? They're bay laurels; you can just go out there and pick what you need.'"



GREYSTONE OFFERS THE COMPLETE CULINARY SHOPPING EXPERIENCE



Interactive, engaging, and always changing, the all-new Spice Islands Marketplace at Greystone will draw you into the unique educational spirit of food and wine that can be found only at the CIA. In our store, you'll do much more than shop—you'll treat all your senses and indulge your culinary passions.



- Enjoy guided tastings at our unique 16-seat Flavor Bar.
- Sample olive oils from our Oleoteca—the only one in the country.
- Experience the art of chocolate making in our Chocolate Room.
- Add a treasured book to your home collection from our 1,700+ titles.
- Let our knowledgeable food- and wine-loving staff show you the newest kitchen tool, the best knife for your needs, or a favorite new food product.



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The CIA at Greystone is a branch of the CIA, Hyde Park, NY.

June *Recipe*



Piattona con Fichi, Caprino, Arugula e Olio Tartufato

FLAT BREAD WITH FIG PRESERVE, GOAT CHEESE, ARUGULA, AND TRUFFLE OIL

MAKES 6 SERVINGS

FOR THE PRESERVES

1 TABLESPOON EXTRA VIRGIN OLIVE OIL
1 TABLESPOON CHOPPED SHALLOT
1 CUP CHOPPED DRIED FIGS
1 TABLESPOON CHOPPED FRESH ROSEMARY
½ CUP MARSALA WINE
½ CUP WATER, OR AS NEEDED

FOR THE DOUGH

1½ CUPS ALL-PURPOSE FLOUR
1½ CUPS BREAD FLOUR
1 CUP WATER
1 TEASPOON KOSHER SALT OR SEA SALT
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL,
PLUS MORE FOR OILING THE PAN

FOR THE TOPPING

1 CUP SOFT GOAT CHEESE
1 CUP LOOSELY PACKED BABY ARUGULA
LEAVES
12 FRESH FIGS, QUARTERED, OPTIONAL
1 TABLESPOON WHITE TRUFFLE OIL

To learn more Italian-inspired recipes and cooking methods, join us for **Italian Cuisine Boot Camp** (page 21), **The Italian Table** (Taste of CIA Cookbooks, page 32), and **Rustic Italian Flavors** (CIA Samplings, page 36).

Perfect for a casual summer gathering, the best thing about this dish is that it can easily become a whole meal.

Prepare the preserves. Warm the olive oil in a saucepan. Add the shallot and cook it over low heat until it “sweats,” about 2 minutes. Stir in the figs, rosemary, Marsala, and water. Simmer until the figs are very soft, about 20 minutes. (If there is too much water, continue to simmer until the right consistency is achieved. The preserve should be dense, but not too thick.) Allow the mixture to cool somewhat and transfer to a food processor. Process until it has the consistency of marmalade. (The preserves can be stored in the refrigerator if you make them ahead of time, but be sure to let them warm up to room temperature while preheating the oven.)

Make the dough. Using an electric mixer or food processor, mix the two flours with the water, salt, and olive oil until a stiff dough forms, about 5 minutes on medium speed. The dough should be firm, smooth, and elastic. Divide the dough into six 4-ounce balls, set them on a lightly floured work surface about 2 inches apart, cover with a clean towel, and let rest for at least 30 minutes. Flour a work surface. Working with one ball of dough at a time, use the palm of your hand to flatten the dough. Use a rolling pin to roll it out as thin as possible (thinner than pizza), depending on how crunchy you like your piattona. Sprinkle the dough with flour and set it aside. Roll out the remaining balls of dough in the same way and set aside.

Prepare the piattona. Place a pizza stone in the cold oven (alternatively, oil a sheet pan and set it aside). Preheat the oven to 450 degrees F.

Place a piece of dough on the stone or baking sheet, and bake until the dough no longer sticks to the surface, about 2 minutes. (It is not fully baked at this point.) Remove and set aside. Repeat with the additional pieces of dough.

When you are ready to serve, spread some of the preserves on top of the partially cooked dough, and top with some of the goat cheese. Place in a 450 degree F oven and bake until the cheese starts melting and the bottom of the piattona is crispy, 1 to 2 minutes.

Transfer each piattona to a plate. Distribute some of the arugula leaves and fresh figs on top, and drizzle with the truffle oil. Cut each piattona into wedges, or serve as whole individual “pies.”

Recipe Notes

You can partially cook the piattona a day ahead. Let cool, wrap well in plastic wrap, and refrigerate.

Try your own combinations of toppings. Pureed eggplant, beans, or potatoes; a variety of different kinds of tomatoes, olives, or capers; fresh or grilled greens such as radicchio, arugula, or endive; cooked shrimp or scallops; or smoked meats or fish like smoked salmon—all would be great.

SOURCE: The CIA cookbook *A Tavola! Recipes and Reflections on Traditional Italian Home Cooking*

Make your passion your career



If you love cooking, baking, or wine, and have always wondered what it would be like to have a culinary career, the CIA's Career Discovery programs are a great way to find out.

During these exciting multi-day explorations, you'll immerse yourself in the world of the food professional in the kitchens and bakeshops of our Greystone campus. You'll enjoy lectures and chef's demos, learn from experts in the region, and cook alongside our talented chef-instructors. And you'll experience it all in the heart of the world-renowned Napa Valley.

Prepare dishes with fresh, seasonal ingredients. Create flatbreads and confections. Explore food and wine pairing. Career Discovery will introduce you to all the exciting possibilities—and who knows where in the food world it will take you next?



Discover a New Path

If you'd like to get a taste of what a career in culinary arts, baking and pastry arts, or wine is like—and the types of careers that are available—these three specialized programs are for you.

CAREER DISCOVERY—BAKING AND PASTRY ARTS

CA Apr. 5–9 or Aug. 30–Sept. 3; 2–8:30 p.m., \$975

It's an exciting time in the baking and pastry field. More Americans are gaining an awareness and appreciation for the wide variety of fresh bread and pastry options available. In this course, you will get an overview of the field and learn about the hottest career opportunities, from hotel pastry chef to artisan bread baker to chocolate candies producer to bakery owner.

During this exploration of the baking and pastry arts, you will learn the fundamentals of baking and the techniques used in creating basic preparations such as cookie doughs, pie doughs, sponge cakes, hearth breads, flatbreads, and chocolate desserts.

You will also:

- Create a variety of baked goods, from classic Italian biscotti to the Indian staple chapatis.
- Study the ingredients, equipment, techniques, terminology, and recipes that define contemporary baking and pastry.
- Enjoy chef demonstrations featuring specialized baking and pastry techniques.
- Discuss the wide variety of careers available in the baking and pastry field.

As a Career Discovery–Baking and Pastry Arts participant, you'll receive a copy of the *Food Jobs* book. Paper chef's hats, side towels, and aprons will be provided in class.

Please note: this class is open to students 18 years and older.

“Career Discovery was a phenomenal course that not only educated me on all aspects of the wine business, but also inspired me to follow my passion, move to Napa, and transition into the wine industry.”

—Susan Fobes, Napa, CA

Take the Next Step

If one of our Career Discovery programs has confirmed your desire for a new career, it's time to take that all-important next step—earning a CIA credential. You owe it to yourself to learn more about the opportunities that await you as a graduate of the world's premier culinary college.

If you subsequently enroll in one of our degree or certificate programs, your Career Discovery tuition will be applied towards your first semester tuition.

Bachelor's and Associate Degree Programs,
Certificate Programs

1-800-CULINARY (285-4627)

www.ciachef.edu

CAREER DISCOVERY—CULINARY ARTS

CA Mar. 22–26, 2–8:30 p.m.; or May 17–21 or July 26–30, 7 a.m.–1:30 p.m.; \$975

What's it like to be immersed in the world of chefs, restaurants, and professional kitchens? How does it feel to experience a day in the life of a chef? What kinds of jobs are available in the culinary world? Find out in Career Discovery.

Ideal for career changers, this program will give you the fundamentals of cooking, including knife skills, kitchen terminology, and cooking methods. You'll also explore various cooking techniques as you journey through the culinary traditions and cuisines of Asia, Mexico, and the Mediterranean.

Through lectures, demonstrations, and hands-on production in our kitchens, you will:

- Increase your knowledge of the foodservice industry.
- Don chef's whites in our dynamic professional teaching kitchens, getting a taste of basic techniques and culinary practices.
- Learn how the practice of fundamental cooking skills spans many culinary traditions around the world.
- Discuss career options in the foodservice industry with our expert instructors.

As a Career Discovery–Culinary Arts participant, you'll receive a copy of the *Food Jobs* book. Paper chef's hats, side towels, and aprons will be provided in class.

Please note: this class is open to students 18 years and older.

CAREER DISCOVERY—THE PROFESSIONAL WORLD OF WINE

CA *Mar. 1–4 or June 14–17; 9 a.m.–4 p.m., \$895*

If you love wine and have always wanted to be in the wine business, this exciting, information-packed course is for you. You'll experience sensational in-depth wine tastings with our renowned wine instructors and talented Napa Valley winemakers, and get the inside scoop about what goes on in the wine business. You'll build your wine knowledge and explore many aspects of this fascinating field.

And you will:

- Taste and evaluate wines as professionals do.
- Explore a Napa Valley vineyard and learn how viticultural techniques shape a wine's flavor.
- Tour a working Napa Valley winery to taste and discuss current winemaking techniques.
- Analyze the philosophies behind successful wine and food pairing, and participate in tastings to illustrate such pairings.
- Visit a wine retail merchant and discover how the business of wine works, including wholesale and retail price structuring, basic media and promotional concepts, and wine's path from the vineyard to the table.
- Understand proper wine service and etiquette.

Dress code: The dress code for this course is business casual. Blue jeans, shorts, tank tops, and open-toed sandals are not permitted. When visiting vineyards and wineries, sturdy, flat-soled shoes are required. Please refrain from wearing strong fragrances or cologne, as they will interfere with your learning experience as well as that of your fellow students. Additional items such as sunscreen, sunglasses, and hats are suggested during the summer months as well as warm jackets during winter months.

Please note: this class is open to students 21 years and older.



Caught the Wine Bug?

You've taken Career Discovery—The Professional World of Wine, and you now know for sure—a career in wine is definitely for you. Now prepare for that career by earning a Certified Wine Professional™ credential.

Professional Wine Certification
1-888-995-1699
www.ciaprochef.com/winestudies

A Bakery in *Valencia*, by Way of Greystone

By Francisca Luallen

Taking Career Discovery–Baking and Pastry Arts just put me one step closer to attaining my dream of running my own bakery one day. It has been a dream a long time in the making.

Almost three decades ago, I was the coordinator of electronic funds transfers at a Connecticut financial institution. It was back in the beginning of the era of online banking, and my focus was on my career. But then I married Mike, an Air Force instructor pilot. His duties required frequent relocating, and almost once a year we would have to pull up stakes. My career was put on the back burner because you can't move up the corporate ladder when you move so often.

As far as cooking went, when we were first married, I barely knew how to boil water. My friends knew my shortcomings and gave me my first cookbook, the *Southern Living Cookbook*, since I was marrying a Southerner. After Mike confessed once that he wished I cooked like his mother did, I decided to get back in touch with my Mediterranean roots—I come from a small village in the Valencia province of Spain—and focus on the cuisine from my childhood. My strategy worked. One holiday weekend we visited my husband's family, and after the heavy meal, Mike turned to me and said, "I'm glad you don't cook like my mother." He loves my authentic paella, which I keep improving on so it will be as good as my mom's. Over the years, I have become a better cook, and I even began hosting dinner parties, first for four people and then eventually for 40.



As for baking, the learning curve was easier, and when Mike was deployed during Operation Desert Storm, I sent him a care package of chocolate chip cookies to remind him of home. I had always wanted to take a class at the CIA, and when I learned about the Greystone campus in St. Helena—we're here at Edwards Air Force Base in California now—I made it a goal to attend Career Discovery to nurture my dream of opening my own bakery in Valencia one day.

The program exceeded my expectations. I knew I would enjoy the baking classes, but I did not expect the fun I had, from the morning lectures with Chef Jörin to the afternoon tastings. It was great! I even had a chance to improve my skill in making pie crust. But the highlight for me was making bread. That was the day when I realized my dream of a bakery shop was possible and not farfetched.

The bonus was making friends with people when we paired off in groups. Celia is working on a degree in hospitality. Huong is originally from Vietnam. Megan is from Houston. Sandra is the president of an upscale linen store. Celine is a pastry chef in Las Vegas. Mary is the owner of a café in Calistoga, CA, and was taking the course to add more baked goods to her menu. I stopped by her restaurant on my way out of town and she had already baked a batch of the wonderful scones that we learned to make in class. Diane is a food enthusiast and a businesswoman. She is the owner of a hospitality business and she takes small groups of food enthusiasts to Tuscany for private Italian cooking classes.

And I, Francisca, am trying to find a good oven stone so I can make the Indian naan I learned in class—in preparation for my bakery.

Books & DVDs that instruct and inspire

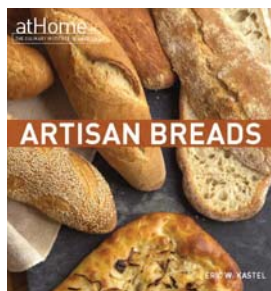


The key to successful gourmet cooking, whether preparing food for two or 20, is a mastery of the basics. Regardless of skill level, every home cook needs a few great guides to refer to for ingredient information, culinary tips and techniques, recipes, and, perhaps most important, inspiration.

Let the world's premier culinary college be your guide. Liven up your next dinner party...experiment with the hottest new culinary concepts...create restaurant-quality meals and desserts in the comfort of your own home. The exciting and information-packed CIA cookbooks and DVDs will help you expand your skills and your culinary horizons.



BOOKS



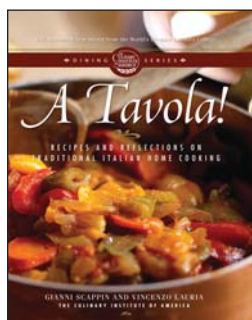
NEW! ARTISAN BREADS AT HOME

\$34.95

Learn to master the art of baking delicious artisan breads at home. This addition to the CIA's "At Home" series is perfect for home bakers who want to go beyond the basics to create delectable artisan

breads. Backed by the expertise of the CIA, in this book Chef Eric Kastel leads readers through simple and challenging recipes, including baguettes, peasant bread, ciabatta, cheddar onion rye rolls, coffee cake, and even sourdough.

Featuring troubleshooting tips and nearly 170 full-color photos of techniques and finished breads, the book covers the basics of bread making as well as advanced techniques—from lean dough breads and rolls to flat breads and enriched doughs. Additional features include ingredient details, easy-to-understand terminology and definitions, and a comprehensive equipment guide. *Artisan Breads at Home* is a must-have for home bakers who want to take their baking to the next level of complexity and taste.



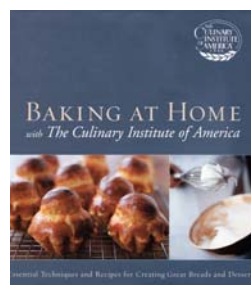
NEW! A TAVOLA! RECIPES AND REFLECTIONS ON TRADITIONAL ITALIAN HOME COOKING

\$29.95

Life unfolds around an Italian table. It is no accident that some of the most exciting changes to the culinary scene in this country owe a debt of gratitude to the Italian influence: respect for seasonal foods; a passion for handcrafted,

high-quality ingredients from olive oil to wine and cured meats to cheeses; and delight in the flavors and textures of a well-planned and perfectly cooked meal.

While Italian cooks don't always agree on the finer points, there is a lot of common ground (and common sense) to discover in Chef Giovanni Scappin's recipes for the quintessential Italian dishes featured in this exciting book. Throughout its pages you will find both treasured family recipes and "new" dishes inspired by New World foods handled with an Old World sensibility. From a broad assortment of antipasti and satisfying breads to hearty stews, braises, and simple one-pot dishes—as well as memorable desserts—you're sure to enjoy *A Tavola!*



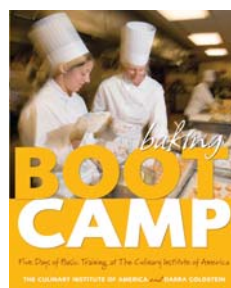
BAKING AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

\$40

Baking at Home allows curious home bakers to follow in the footsteps of the graduates of the country's leading culinary college. The chefs of the CIA have distilled the best of their teaching

into these pages, offering clear explanations of essential baking methods that will broaden your understanding of how baking really works.

The streamlined recipes and dozens of how-to photographs enable you to dive in and gain the hands-on practice that is an essential part of the baking and pastry arts. You'll begin to understand how all the pieces fit together, whether you're creaming butter to make citrus shortbread or a multilayered chocolate sabayon torte, or cooking sugar into caramel for an elegant coffee pot de crème or a crunchy nut brittle.



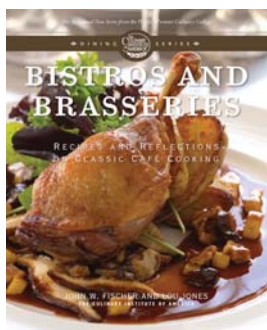
BAKING BOOT CAMP: FIVE DAYS OF BASIC TRAINING

\$29.95

The tremendously popular CIA Boot Camp courses help food enthusiasts take their skills to a whole new level, offering hands-on, intensive instruction with some of the world's most talented chef-instructors.

In *Baking Boot Camp*, Julia Child Award-winning cookbook author Darra Goldstein takes you along as she makes her way through two demanding Boot Camp courses—where the fatigues are chef's whites and the weapons of choice are whisks, piping bags, and a bench scraper. Ms. Goldstein chronicles her progress through each day of the baking and pastry courses, bringing to life the intensity, rigor, and camaraderie that set Boot Camps apart from other cooking classes.

Along the way, she reveals the tips and tricks of baking and pastry pros, sharing their fascinating insights on everything from the importance of weighing all ingredients to the secrets of perfect puff pastry. To help you put these lessons to work in your own kitchen, the book includes nearly 80 delicious Boot Camp recipes—everything you need to start using professional techniques and embark on a lifetime of baking success.



BISTROS AND BRASSERIES: RECIPES AND REFLECTIONS ON CLASSIC CAFÉ COOKING

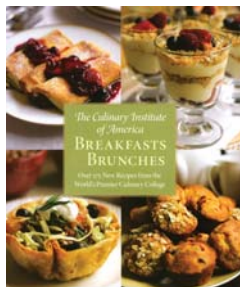
\$29.95

Bistro cuisine takes its inspiration from the classic repertoire of every self-respecting French home cook, from simple soups and salads to apéritifs and fromages. Whether you're looking for a bit of French flair

or a serious bistro experience, you'll find the recipes—and your own inspiration—within *Bistros and Brasseries*.

Enjoy, in your own dining room, such quintessential bistro dishes as plateau fruits de mer and raclette, as well as a host of other appetizers. Fill your home with the aroma of the great French stews, including blanquette de veau, carbonnades de flamande, and boeuf bourguignon. Transform fresh cream, eggs, seasonal fruit, and other staples of the French larder into clafouti, tarte à la rhubarbe, merveilles, and beignets—the kitchen desserts for which bistros and brasseries are famous.

No matter which recipe you choose, *Bistros and Brasseries* helps you capture the essence of the authentic French bistro experience.



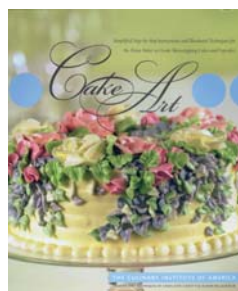
BREAKFASTS & BRUNCHES

\$35

It's often said that breakfast is the most important meal of the day. Yet, for many people, breakfast consists of a cup of coffee and a donut on the way out the door. *Breakfasts & Brunches* from The Culinary Institute of America shows you how to do the morning meal right, with

recipes ranging from classic favorites such as buttermilk pancakes, banana bread, and biscuits with sausage gravy to sumptuous brunch fare like smoked cheddar and thyme muffins or grilled quail with avocado, tomato, and corn salad.

We've selected and tested more than 175 recipes from our kitchens and included over 100 photographs to help you prepare satisfying, nutritious, and wholesome selections for breakfast and brunch. *Breakfasts & Brunches* will help you handle any meal situation, whether it's a family breakfast on a busy weekday morning or an elaborate Sunday brunch.



CAKE ART

\$29.95

Do you marvel at the beautifully decorated cakes displayed in bakery windows or created during decorating competitions and television shows, and wonder if you could do it yourself? Well, wonder no more—*Cake Art* has everything you need to create masterpieces of your very own!

This beautifully illustrated book from The Culinary Institute of America provides step-by-step instructions and photos to help you produce captivating decorations for cakes and cupcakes. Learn to create designs and decorations using buttercream, royal icing, fondant, ganache, modeling chocolate, gum paste, marzipan, pastillage, stencils, stamps, molds, and more.

Explore your creativity and let your children be part of the process, too. Cake decorating can be a fun activity for everyone, and in these pages, you'll find a number of projects for kids of all ages. *Cake Art* details the techniques you need to create amazing designs that will wow your family and friends. And be sure to check out our new companion *Cake Art* DVD (page 56).



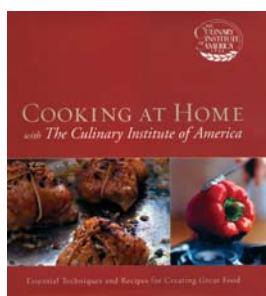
NEW! CHOCOLATES AND CONFECTIONS AT HOME

\$34.95

The home candy maker's guide to creating stunning chocolates and confections, *Chocolates and Confections at Home* offers detailed expertise for anyone who wants to make truly amazing homemade confections and

candies. The CIA and baking and pastry arts professor Peter Greweling provide recipes and techniques for making even the most ambitious treats.

Richly illustrated with more than 150 full-color photos, this inspiring book offers details on chocolates, truffles, toffees and taffies, fudge and pralines, marshmallow, jellies, nuts, and much more. In addition, *Chocolates and Confections at Home* includes ingredient and equipment information, packaging and storage practices, and troubleshooting tips for common preparation issues. This is the ideal resource for anyone who wants to graduate from chocolate chip cookies to more decadent delights.



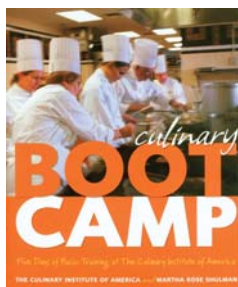
COOKING AT HOME WITH THE CULINARY INSTITUTE OF AMERICA

\$40

Now everyone can learn from the best, thanks to *Cooking at Home*. This complete—and completely approachable—reference brings professional culinary knowledge into your own

kitchen. From mastering the art of the soufflé to thickening soups with roux and slurry, you'll learn insider tips and essential techniques, including dozens of step-by-steps with detailed instructions and photographs that clearly show both what to do and how to do it.

Cooking at Home is a treasury of more than 200 delicious and easy-to-make recipes, including such tempting fare as beef satay with peanut sauce, roasted stuffed swordfish, pasta primavera with basil cream sauce, lobster tortellini in a coconut curry broth, a Grand Marnier parfait, fresh ginger granita...the list goes on. You'll delight in preparing and presenting these and many other elegant, delectable recipes.



CULINARY BOOT CAMP: FIVE DAYS OF BASIC TRAINING

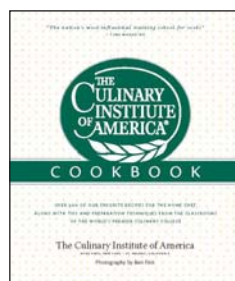
\$29.95

In *Culinary Boot Camp*, Julia Child Award-winning cookbook author Martha Rose Shulman shares the secrets of The Culinary Institute of America's popular week-long Boot Camp course—five days of dynamic,

hands-on instruction in cooking basics that helps teach the non-professional cook to think like a chef.

Culinary Boot Camp takes readers through the essentials of kitchen terms, knife skills, and cooking techniques (including sautéing, drying, roasting, broiling, grilling, braising, stewing, poaching, and steaming), plus plate and platter presentation, wine and food pairings, and more.

Ms. Shulman's entertaining and compelling narrative of the Boot Camp experience, coupled with 75+ recipes and a wealth of invaluable culinary information, will give readers a "step up" in the kitchen as they embark on a vicarious basic training adventure at one of the nation's finest professional cooking colleges.



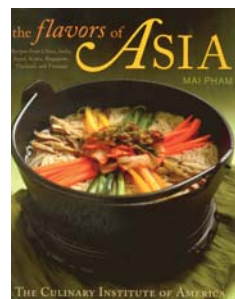
THE CULINARY INSTITUTE OF AMERICA COOKBOOK

\$39.95

No matter what the culinary occasion—planning a Sunday brunch, adding some gourmet glamour to weekday dinners, doing a little backyard grilling, or gathering together for a comforting, family-friendly, one-dish meal—*The Culinary*

Institute of America Cookbook has just what you're looking for.

We've selected more than 300 recipes from among our all-time favorites and organized them into chapters devoted to soups, salads and starters, light fare, entrées, side dishes, breakfasts and brunches, and baked goods and desserts. And this exciting cookbook is more than just a collection of our favorite recipes. With an array of illustrated techniques, you'll learn to cook the way the professionals do, whether you want to master the finer points of creamy risotto or learn to build a perfect coal fire. Look through our tables to find cooking times for grains and legumes, the ideal cooking method for your favorite cut of meat, or grilling times for everything from beef to bananas.



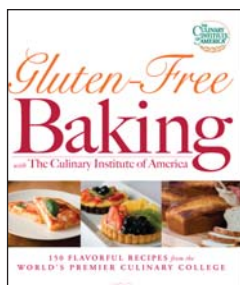
THE FLAVORS OF ASIA

\$35

The second book in a series covering the CIA's annual Worlds of Flavor® International Conference and Festival, *The Flavors of Asia* culls recipes from 40 leading chefs of India, Asia, and the U.S. Highlighting the very best flavors of Vietnam, Thailand, China, Japan, Korea, India, and Singapore, this book is a must-have

for anyone interested in creating Asian-inspired dishes. Chapters begin with culinary highlights from each country and include special ingredients and cooking techniques in feature spreads throughout the book.

Award-winning restaurateur, chef, and author Mai Pham joins the CIA in presenting 125 accessible recipes—a virtual "Top 10" of each country designed to acquaint you with what the CIA considers the best takes from each cuisine. From Ammini Ramachandran's spicy tuvar fritters served with coconut chutney to Fuchsia Dunlop's quick Hong Kong noodle soup with roast duck, *The Flavors of Asia* will entice you with the fresh, vibrant flavors of the region, and also inspire confidence and encourage you to further explore more of the intriguing treasures from the Asian kitchen.



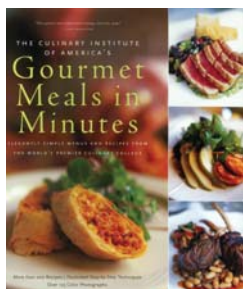
**GLUTEN-FREE BAKING
WITH THE CULINARY INSTITUTE
OF AMERICA**

\$18.95

In past years, people with gluten sensitivities had to give up their favorite wheat-based treats like gooey cinnamon buns, crusty French bread, savory pizza, and smear-worthy bagels. But thanks to

Chef Richard Coppedge of The Culinary Institute of America, that is no longer the case. In *Gluten-Free Baking* and the companion DVD (page 56), Chef Coppedge shows people with celiac disease and gluten sensitivities—as well as those simply interested in living a gluten-free lifestyle—how they can bake their delicious favorites using alternatives to gluten.

Features of *Gluten-Free Baking* include Chef Coppedge's five unique gluten-free flour blends, tips on working with and storing gluten-free baked goods, and more than 125 mouthwatering recipes easy enough for any home baker to create. Following these techniques and recipes, everyone from the first-time baker to the professional chef will be able to create pies and tarts, cookies and brownies, and savory and pastries to tempt any palate, gluten-sensitive or not!



GOURMET MEALS IN MINUTES

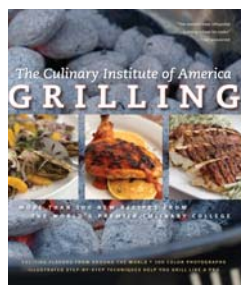
\$40

The CIA text *Gourmet Meals in Minutes* teaches you how to prepare a wide variety of dishes the same way our graduates did—by mastering the fundamentals. Step-by-step instructions guide you through techniques for preparing all kinds of dishes, from soups, salads, and appetizers to meats, poultry, seafood,

vegetarian fare, and desserts.

Learn the secrets of how to streamline your work in the kitchen, keep your pantry well-stocked, organize your tasks and equipment, reduce cleanup, and enhance the flavor of any meal.

With more than 200 recipes and over 125 full-color photographs, this cookbook will show you how to present food that is as attractive as it is flavorful—in a matter of minutes.



GRILLING

\$40

The pages of The Culinary Institute of America *Grilling* book will transport you around the culinary globe. Head to Mexico for Baja-style fish tacos, Jamaica for jerked pork chops, and Greece for spicy lamb kebabs. Next, you're on to Morocco for grilled honey-spiced

chicken roast and Pakistan for Pakistani-style lamb patties. Your grilling journey continues to the Far East with tandoori-style chicken with yogurt masala, grilled shrimp paste on sugar cane, and beef teriyaki. And of course, there are plenty of recipes emanating from backyards all across the United States.

Grilling is packed with more than 175 tantalizing recipes highlighting exotic flavors from many different regions of the world, along with nearly 100 full-color photographs and helpful step-by-step instructions and preparation tips from the world-famous kitchens of the CIA.



**HORS D'OEUVRE AT HOME
WITH THE CULINARY INSTITUTE
OF AMERICA**

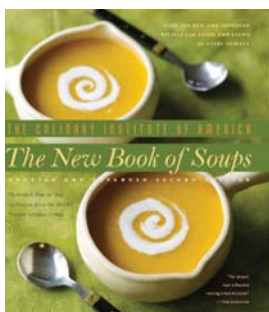
\$29.95

Hors d'Oeuvre at Home applies a thorough, comprehensive approach to hors d'oeuvre, giving you all the information, inspiration, and recipes you need to prepare a dazzling array of bite-

sized treats for any occasion.

The book includes more than 150 recipes for an ample selection of stylish hors d'oeuvre, along with background information, serving suggestions, ideas for recipe variations, and advice on selecting high-quality store-bought items. Throughout, 40 vibrant full-color photos illustrate techniques and capture the appeal of the finished dishes.

With the professional-caliber guidance and recipes in this text, you can prepare an enticing array of hors d'oeuvre that will impress your guests and rival that of any caterer.



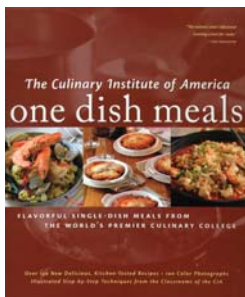
NEW! THE NEW BOOK OF SOUPS

\$35

With more than 160 new and improved recipes, *The New Book of Soups* is the home cook's ultimate guide for the preparation of delicious soups and stews. This latest edition contains all the recipes you've come to enjoy from the original *Book of*

Soups, plus 30 brand-new recipes and more than 130 new full-color photographs. Chapters on stews as well as shopping for soup ingredients (a valuable resource for planning your trip to the market) have also been added.

In addition to the broad assortment of recipes, additional details include the fundamentals of soup-making and helpful guidelines for preparing broths, hearty soups, stews, cream soups, puréed soups, bisques and chowders, and even cold soups. *The New Book of Soups* also offers serving suggestions and recipes for the perfect soup accompaniments such as focaccia, breadsticks, popovers, olive bread, buttermilk biscuits, sage dumplings, and vegetable chips. The recipes in this book are perfect for bringing back the familiar foods of childhood (cream of tomato) or introducing you to an unexplored cuisine (leblebi or soto ayam).

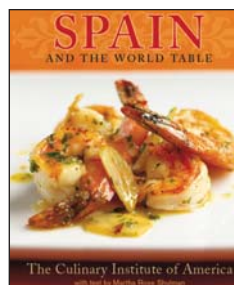


ONE DISH MEALS

\$35

One Dish Meals is an invitation to cook simply and cook well all year round. This book will take you on a culinary journey to sample the hearty and filling fare enjoyed at family tables around the world, including traditional favorites like curries, noodle pots, egg dishes, moussaka, and pizzas.

Simmer a soup at the back of your stove as a way to try your hand at the relaxed pace of one dish cooking...or try simple suppers made in the skillet or wok when your schedule is more hectic. Then, compose rich and savory braises and stews meant for taking the chill out of winter's bite...or choose one of the sandwiches or salads bursting with bold flavors when the weather turns balmy. With more than 150 kitchen-tested recipes to choose from, you'll always find the perfect one dish meal.



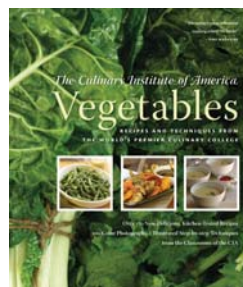
SPAIN AND THE WORLD TABLE

\$35

Spain and the World Table brings the excitement, passion, and innovation of Spanish cooking right into your home kitchen.

Award-winning cookbook author Martha Rose Schulman joins the CIA in presenting 125 accessible recipes, from Manchego cheese and potato croquettes with quince sauce to escabeche of halibut with a "salsa" of Marcona almonds, raisins, and Serrano ham.

With stunning full-color photography, lively explorations of the country's distinct culinary regions, and chefs' techniques for cooking with classic Spanish ingredients such as wine and sherry, cheese, olives, olive oil, and salt cod, *Spain and the World Table* is an essential addition to any cook's library.



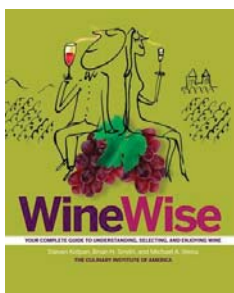
VEGETABLES

\$40

The award-winning CIA *Vegetables* book is a compilation of comfortable favorites and intriguing new presentations that will appeal to everyone from the seasoned vegetable aficionado to someone who is just beginning to explore the vegetable kingdom.

You'll learn how to select vegetables like a professional, whether you're buying a daily staple like onions or broccoli, or trying something new like collards or okra. *Vegetables* will get you off to a good start with a comprehensive chapter filled with information about specific vegetables arranged from A to Z, as well as charts, tips, and tricks you can use to add a personal touch to every dish.

With the more than 170 recipes you'll find in *Vegetables*, you're sure to find just the right dish for the occasion—a simple supper for a busy weeknight, slow-simmered braises for chilly autumn weather, or elegant appetizers and sautés for a special dinner.



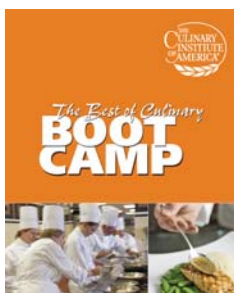
WINEWISE

\$29.95

WineWise gives you the knowledge and confidence you need to get more enjoyment out of wine. It shows you how to get past conventional wisdom and wine snobbery, broaden your wine horizons, and find delicious, affordably priced bottles that make everyday meals more pleasurable.

The book is peppered with tips and advice that you'll find nowhere else—surprising insights that encourage you to step off the beaten path and explore all that the world of wine has to offer. To help you in your journey, the authors offer their own personal lists of great “WineWise” bargains—more than 650 mostly \$15-and-under bottles from around the world. With this cornucopia of terrific choices and savvy guidance, *WineWise* gives you everything you need to boost your wine IQ and get more pleasure out of every bottle you drink.

DVDs



BEST OF CULINARY BOOT CAMP

\$19.95

Whether you're just thinking about taking your first Boot Camp program or you're a seasoned veteran eager to revisit the excitement and camaraderie of the CIA kitchens, you'll want to own *Best of Culinary Boot Camp*. It's a must-have for the hard-core food enthusiast.

Join Chefs John DeShetler, Hinnerk von Bargen, and David Kamen in the CIA kitchens as they teach the fundamental techniques students learn in our popular Culinary Boot Camp program. The DVD includes step-by-step, demonstration-based learning modules for everything from braising osso buco to creating the perfect consommé. Plus, “Chef D” takes you on a behind-the-scenes tour of the CIA storeroom!



CAKE ART

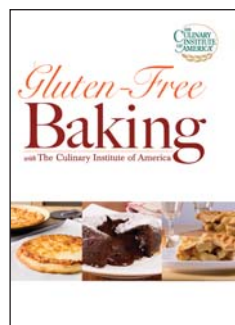
\$24.95

Cake decorating isn't just for professionals. You too can create spectacular-looking cakes and cupcakes with guidance from the chef-instructors of the CIA. From buttercream roses and fondant-wrapped cakes to colorful cupcakes, the *Cake Art* DVD provides step-by-step instructions to produce show-stopping creations.

With a focus on decorating mediums, techniques, and equipment, *Cake Art* shows you how to prepare several items featured in the CIA *Cake Art* cookbook (page 52), including the gift-wrapped cake, buttercream roses cake, and buttercream flowers cupcakes. Demonstration-based lessons offer detailed video featuring the following techniques:

- Preparing buttercream, with tips for delicious and attractive results.
- Creating single and multicolored buttercream designs using different piping tips.
- Covering a cake with decorative fondant.
- Making a selection of fondant decorations.
- Writing and painting fun and simple images using food coloring.

Featuring the decorating insights of Chefs Kate Cavotti and Alison McLoughlin of the prestigious CIA baking and pastry arts faculty, the *Cake Art* DVD will give you the skills you need to create amazing cakes and cupcakes for all your special events.



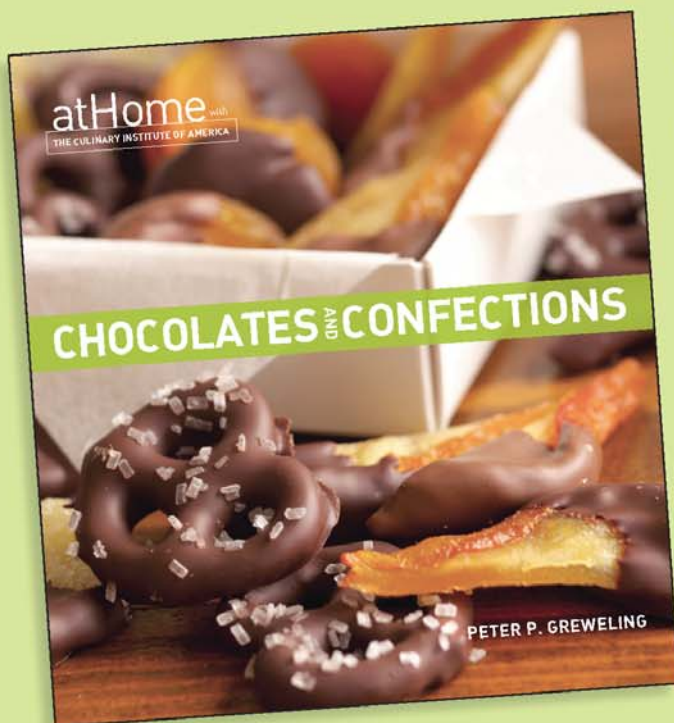
GLUTEN-FREE BAKING

\$24.95

Following the successful release of his *Gluten-Free Baking* book (page 52), Chef Richard Coppedge now offers step-by-step advice in this companion DVD.

Employing Chef Coppedge's five flour blends, you will learn to make delicious baked goods using alternatives to gluten. You'll also learn to prepare molten lava

cakes, 1-2-3 cookie dough, pizza crust, pancakes, pie dough, and bagels. And you will even discover the secret to thickening soups and sauces using gluten-free roux. Highlights of the DVD include in-depth explanations of gluten-free flour blends, hands-on demonstrations of selected recipes, and tips on flour-blend handling and storage.

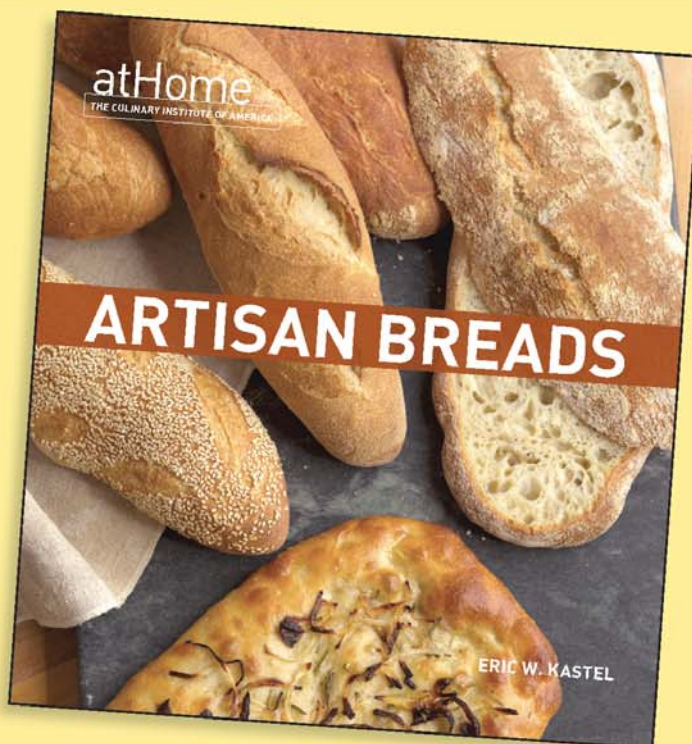


Incredible chocolates and candies.

- Offers detailed expertise for truly amazing homemade confections and candies
- Features 83 recipes richly illustrated with 150 full-color photographs
- Includes chocolates, truffles, toffees and taffies, fudge and pralines, marshmallows, jellies, and more
- Covers ingredients and equipment, packaging and storage, and common preparation issues

Truly amazing breads.

- Presents the basics of breadmaking as well as advanced techniques
- Features 118 recipes beautifully illustrated with 166 full-color photographs
- Covers a wide range of artisan breads—baguette, ciabatta, sourdough, and many more
- Includes explanations of ingredients, a detailed equipment guide, and troubleshooting tips



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Confit avec Pruneaux et Pommes

DUCK CONFIT WITH PRUNES AND APPLES

SERVES 6

6 LEGS DUCK CONFIT (RECIPE FOLLOWS)
1 TABLESPOON BUTTER, PLUS MORE
AS NEEDED
1/3 CUP DICED PRUNES
1/2 CUP DICED PIPPIN APPLES
1/4 CUP CHOPPED WALNUTS
2 OR 3 TABLESPOONS DUCK FAT
(FROM CONFIT)
12 FINGERLING POTATOES, STEAMED UNTIL
TENDER AND HALVED LENGTHWISE
1 3/4 CUPS CHANTERELLE MUSHROOMS
SALT AND PEPPER AS NEEDED
RED GRAPES, HALVED, AS NEEDED
1 CUP ARMAGNAC SAUCE (RECIPE FOLLOWS)
SEA SALT AND CRACKED BLACK
PEPPERCORNS, AS NEEDED
4 CUPS MESCLUN LETTUCE MIX, RINSED
AND DRIED

Cover *Recipe*

This dish is a study in contrasts: a rich duck confit with crisp, crackly skin paired with sweet dried and fresh fruits and a sauce redolent with Armagnac. It's a collection of as many of the glories of Gascon cuisine as we could fit on a single plate.

Preheat the oven to 400 degrees F. Remove the cured legs from the duck fat, scraping off any excess. Set them on a rack on a baking sheet to catch any fat and put in the oven for about 20 minutes, or until they begin to turn golden-brown.

As the duck is reheating, heat a tablespoon of butter and add the prunes, apples, and walnuts. Stir over medium heat until the ingredients are very warm, but have not taken on any color.

Heat 2 tablespoons of the rendered duck fat in a large sauté pan over medium heat. Add the fingerling potatoes and sauté, cut side down, until golden brown, about 10 minutes. Watch them as they cook—you may need to flip a few over as they sauté. Remove them with a slotted spoon and transfer to a warm dish. Sauté the mushrooms in the same pan, adding more duck fat if needed, until they're golden, 4 to 5 minutes; season them with salt and pepper.

To serve, arrange the potatoes at the back of the plate and the mushrooms directly in front of them; use this as a platform for the duck leg to rest against. Garnish the dish with grapes and add the prune mixture, then drizzle sauce around the plate. Season with the sea salt and freshly cracked black pepper as needed, add a bit of mesclun behind the duck leg, and serve.

SOURCE: The CIA *Bistros and Brasseries* cookbook

CONFIT DE CANARD (DUCK CONFIT)

Ideally for this dish, use legs from ducks that have been reared for foie gras, because they have a higher yield of meat and fat. The fat is used to cover the duck during cooking and storage. Confit is a method used for preserving the duck and holding it fresh for later use. The duck is submerged in fat, keeping it away from air and bacteria. This fat can be used many times for cooking confit. It is strained after each use and kept in the refrigerator.

6 DUCK LEGS

DRY CURE FOR DUCK LEGS

1 CUP KOSHER SALT
½ CUP CHOPPED GARLIC
1 BUNCH THYME, PICKED
10 BAY LEAVES, CRUSHED
1 TABLESPOON BLACK PEPPERCORNS, CRUSHED
5 POUNDS FATTY DUCK SKINS (OR 4 POUNDS DUCK FAT)

To cure the duck legs, remove the thigh bones but leave the thigh meat attached to the legs. Trim off the excess fat from around the legs and set it aside. You should save all the fat and skin to add during the rendering step listed below. Mix all of the cure ingredients together in a bowl. Sprinkle half of the mix onto the bottom of a non-reactive pan. Lay the duck legs on top of the cure and cover them with the remainder of the cure. Cure the legs overnight in the refrigerator. The next day, scrape the excess cure from the legs and wash them well under cold running water.

To render the fat from the duck skins, place them in a large, heavy pot with ¼ cup of water. Simmer over moderate heat until the skin is browned and crisp (cracklings), about 1 hour and 15 minutes. Strain the fat into a storage bowl, and either use it right away to make the confit or cool it and store in the fridge.

To make the confit, place the cured duck legs into a large, thick-bottomed saucepan and pour enough duck fat over the legs to submerge them. Cook the legs over a very low heat for approximately 1½ hours, or until the duck is fork-tender. When the duck begins to brown slightly, it usually indicates it's ready. Remove from the heat and store the cooked duck in a crock or bowl, covered with the duck fat, in the refrigerator for up to 3 weeks. When you're ready to finish your duck legs, simply pull them from the fat and scrape the excess back into the dish for when you want to make confit again.

ARMAGNAC SAUCE

MAKES 1 CUP

2 TEASPOONS VEGETABLE OIL
1 CUP MIREPOIX (½ CUP DICED ONION,
¼ CUP DICED CARROT, ¼ CUP DICED CELERY)
4 TEASPOONS TOMATO PASTE
¼ CUP RED WINE
¼ CUP BRANDY
5 CUPS VEAL OR CHICKEN STOCK
1 SACHET (3 OR 4 PARSLEY STEMS, 1 SPRIG OF THYME,
1 BAY LEAF, 1 TEASPOON CRACKED PEPPERCORNS TIED UP
IN A CHEESECLOTH BAG)
4 OUNCES BROWNE BEEF TRIM (OPTIONAL)
½ TEASPOON CRACKED BLACK PEPPERCORNS
2 TABLESPOONS ARMAGNAC
SALT AS NEEDED

Heat the oil in a medium saucepan on high heat to smoking point. Add the mirepoix and caramelize it, about 3 minutes, but do not allow it to burn. Add the tomato paste and cook until it releases a sweet aroma and turns a rusty color, 1 to 2 minutes.

Add the red wine and stir to deglaze the pan. Add the brandy and simmer the liquid over medium heat until it reduces by half, about 2 to 4 minutes. Add the stock, sachet, and beef trim (if using). Reduce the sauce to the desired consistency, 40 to 50 minutes (it should lightly coat the back of a spoon).

Strain the sauce, and then add the peppercorns and Armagnac. Season the sauce as needed with salt. Keep warm. (You can cool the sauce and store in the refrigerator for up to 1 week. Bring the sauce to a simmer over medium heat before serving if necessary.)



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Sharing the Love of Cooking

By sharing our love of cooking, The Culinary Institute of America strives to not only educate students but also inspire the future of foodservice and hospitality. As a not-for-profit college, the CIA relies on the generosity of our extended “family” to support our students. A couple of longtime CIA family members, Ed and Joanne Shapoff, demonstrated their commitment to the college through their recent donation to the **A Taste of the CIA Endowed Scholarship**.

“Every year for the past 14 years, we have supported the CIA for one purpose or another,” Ed says. “The longer we are involved, the more we understand the need for student scholarship support. Joanne and I had a fabulous time celebrating a special birthday by attending a week-long Boot Camp. We so enjoyed the experience that we gave our sons gift certificates for weekend classes. In addition, we have encouraged our friends and other family members to participate in the Boot Camp experience. As foodies, we are committed to the concept and look forward to taking part in many other food enthusiast programs.

“The main motivation behind our gift is that every student we have met has been very special and enthusiastic. We have recommended students to the school and they have had a wonderful experience. It is only natural that we would want to lend our support to the ‘Taste’ endowed scholarship to help deserving CIA students and hope that other food enthusiasts and Boot Camp participants will do the same.”

If you would like to make a gift to the A Taste of the CIA Endowed Scholarship to benefit CIA students, please contact Mame Dimock, director of individual giving, at 845-451-1460 or m_dimock@culinary.edu. You may also give online at www.ciagiving.org.

REGISTRATION AND CLASS INFORMATION

HOW TO REGISTER

Classes fill up quickly, so register early! In-person registration is not required. Please note that enrollment is guaranteed only upon written confirmation from The Culinary Institute of America.

BY PHONE: Call 1-888-995-1699 or 845-452-2230 during business hours (8 a.m.–6 p.m. EST). Please have your course and credit card information ready when you call. We accept Visa, MasterCard, American Express, and Discover.

VIA THE INTERNET: Log on to the college's Web site at www.ciachef.edu/enthusiasts to register for any of our programs using your Visa, MasterCard, American Express, or Discover card.

COURSE CANCELLATIONS/CHANGES

The Culinary Institute of America reserves the right to cancel or limit the size of any class and to alter its curriculum, instructor assignments, tuition, fees, and policies. As a full-time culinary college, occasionally we will need to postpone a class due to facility and/or faculty changes. We apologize for any inconvenience a postponement may cause and will make every effort to reschedule the course or make other arrangements for you. We suggest you make travel arrangements after you have received your course confirmation. In addition, the CIA reserves the right to alter course times (from a.m. to p.m. or vice versa) up to three weeks before the class start date.

"I don't often compliment customer service departments, but the friendliness of the CIA staff and the service I received was commendable. Thank you again for all of your help in assisting me; your knowledge and experience was greatly appreciated."

—Larry Miller, Chestnut Grove, NC

DOWNLOAD YOUR FAVORITE CELEBRITY CHEF

Have you ever wondered what it takes to make it to the top of the culinary world? Let some of the CIA's most famous graduates tell you in their own words. In our podcast series "Insight from the Inside," Iron Chefs Cat Cora and Michael Symon, Top Chefs Ilan Hall and Hung Huynh, Ace of Cakes Duff Goldman, and others share their secrets for success in the professional kitchen.

Give your cooking a dash of inspiration—visit www.ciachef.edu/podcasts.

AGE REQUIREMENTS

Please note that all programs have a minimum age requirement of 21 unless otherwise noted.

TUITION REFUND POLICY—ALL PROGRAMS

At least 15 days prior to start date—Full refund

14 days or fewer prior to start date—We'd be happy to transfer you to another date; however, no refunds will be available.

TRAVEL DIRECTIONS

For detailed travel directions, please visit the CIA Web site:

- Hyde Park, NY campus—www.ciachef.edu/visitors/hp/directions
- St. Helena, CA campus—www.ciachef.edu/visitors/gs/directions
- San Antonio, TX campus—
www.ciachef.edu/sanantonio/directions.asp

WHERE TO STAY

Hotels, inns, and resorts fill up quickly, particularly in California's Wine Country, so please make your reservation early.

Some hotels offer CIA preferred pricing; be sure to mention that you will be attending a CIA program when you reserve your room.

Visit our Web site for listings of accommodations:

- Hyde Park, NY campus—www.ciachef.edu/visitors/hp/stay.asp
- St. Helena, CA campus—www.ciachef.edu/visitors/gs/stay
- San Antonio, TX campus—
www.ciachef.edu/visitors/sanantonio/stay.asp

CIA Locations

The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499

The Culinary Institute of America
at Greystone
2555 Main Street
St. Helena, CA 94574

The Culinary Institute of America,
San Antonio
312 Pearl Parkway, Building 3
San Antonio, TX 78215



The Culinary Institute of America
Continuing Education
1946 Campus Drive
Hyde Park, NY 12538-1499



THE WORLD'S PREMIER
CULINARY COLLEGE

For Your Information

FOOD ENTHUSIAST PROGRAMS

1-888-995-1699
845-452-2230

DEGREE AND CERTIFICATE PROGRAMS

1-800-CULINARY
(285-4627)
845-452-9430

RESTAURANTS

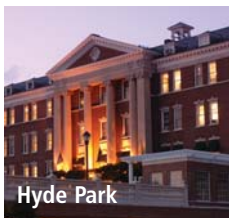
Hyde Park 845-471-6608
Greystone 707-967-1010

CAMPUS STORES

Hyde Park
1-800-677-6266
Greystone
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WEB SITE

[www.ciachef.edu/
enthusiasts](http://www.ciachef.edu/enthusiasts)



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